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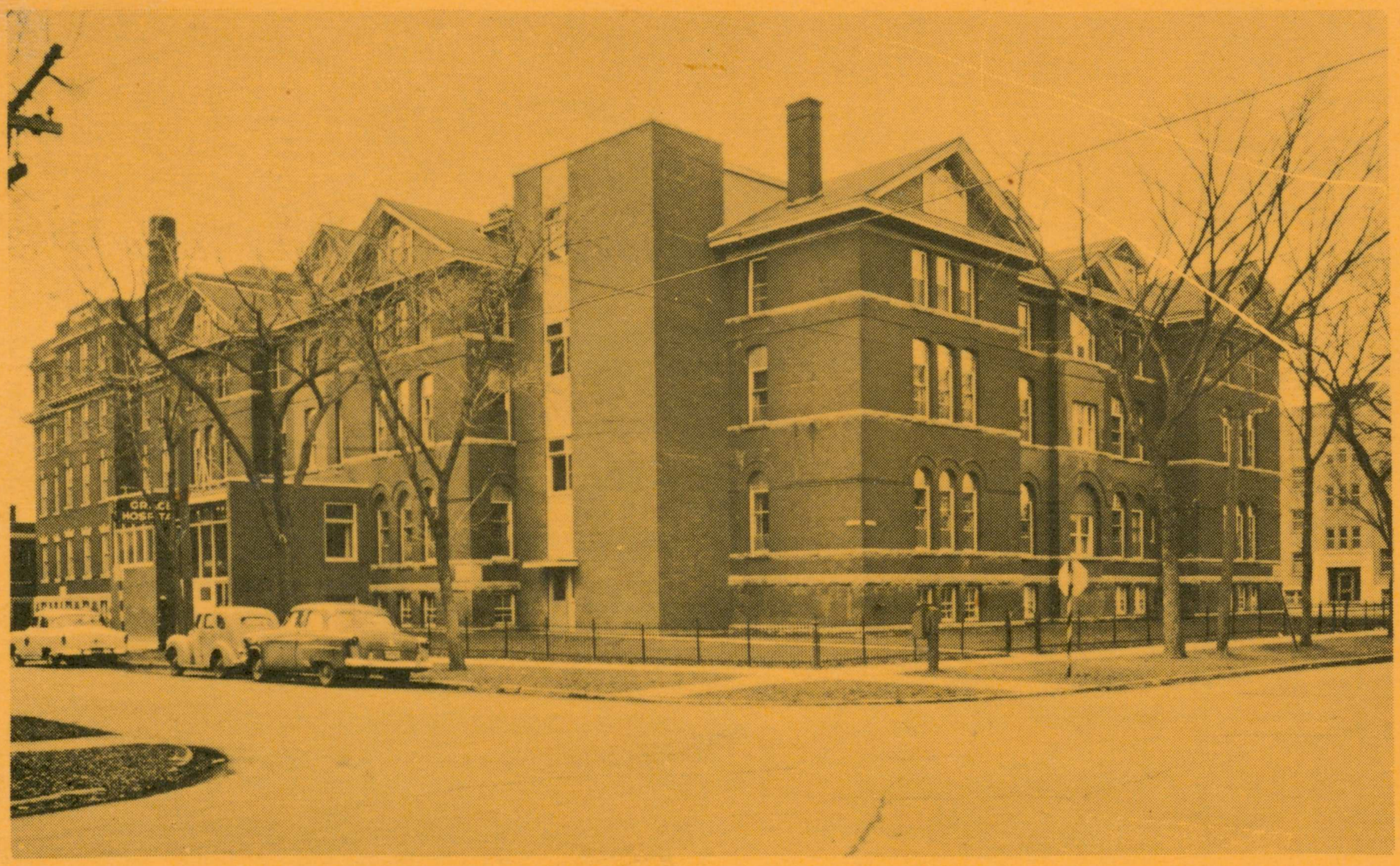

GRACE HOSPITAL, 1964

Favorite Recipes of Nurses Alumnae

SECOND PRINTING — 1966

FOOD EQUIVALENTS

Food	Unit	Approx. Measure
Butter	1 lb.	2 cups
Butter	1 oz.	2 tablespoons
Granulated Sugar	1 lb.	2 cups
Brown Sugar	1 lb.	2¾ cups
Icing Sugar	1 lb.	3½ cups
All-Purpose Flour	1 lb.	4 cups sifted
Cake Flour	1 lb.	4½ cups sifted
Whole Wheat Flour	1 lb.	3½ cups sifted
Lard	1 lb.	2 cups
Shortening	1 lb.	2 cups
Suet, chopped	1 lb.	4 cups
Suet, chopped	1 oz.	4 tablespoons
Bread Crumbs	1 lb.	4 cups
Coconut, sheredded	1 lb.	5 cups
Dates, pitted	1 lb.	2 cups
Raisins, seedless	1 lb.	3½ cups
Prunes	1 lb.	2 and ⅓ cups
Figs	1 lb.	2¾ cups
Almonds, shelled	1 lb.	3 cups
Pecans, shelled	1 lb.	4 cups
Walnuts, shelled	1 lb.	4 cups
Candied Peel, cut	1 lb.	3½ cups
Yeast, active	1 oz.	1 pk. active dry
Currants, dried	1 lb.	3½ cups

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PREFACE

THE WINNIPEG Grace Hospital Alumnae Association was formed in 1935; its members are Grace Hospital graduate nurses in good standing.

The object of our Alumnae Association shall be to promote unity and good feeling among our members, and to maintain the honor of the nursing profession.

Grace Hospital, Winnipeg, was founded by the Salvation Army in 1904, as a Maternity Hospital. In 1927 a new wing was added and it became a General Hospital. In 1947 another wing was built. The Maternity Pavilion was opened in 1959, giving the hospital a bed capacity of 244.

Grace Hospital School of Nursing was commenced as a general course in 1931. Since that time the school has kept pace with the frequently revised curriculum for Schools of Nursing.

Money raised from the sale of this cook book will be used to help furnish the Nurses' Residence of the new St. James Grace Hospital.

Published March 1964.

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BREADS, ROLLS AND MUFFINS

Fancy it up
Or make it plain
"We want bread" is
A pet refrain.

WHITE BREAD

1 envelope yeast
1 teasp. sugar
1 cup warm water

Put warm water and sugar into bowl and stir. Add yeast and let stand for 10 minutes.

3 tbsp. sugar
3 cups warm water
6 cups sifted flour

Dissolve sugar in water, add yeast and flour. Beat well. Cover and let rise 2½ hours.

2 cups warm water
3 tbsp. melted shortening
1 teasp. salt
12 cups flour

Add water, shortening and salt to dough mixture and mix. The dough is of a stringy consistency. Add flour until dough is soft. Turn onto floured table and knead in the remainder of flour. Place to rise for 1½ - 2 hours.
Then form into loaves or buns and let rise till double its bulk (approximately 2 hours). Bake bread 45 minutes in 400° oven, buns 20 minutes in 425° oven. Yield approx. 6 loaves, or 4 loaves and 2 doz. buns.

Marie Jurick (Dale '60B).

WHITE BREAD

1 teasp. sugar
½ cup lukewarm water

Add 1 pkg. yeast and let stand 10 minutes in warm place.

2 cups lukewarm water
¼ cup melted lard
¼ cup white sugar
2 teasp. salt

Add yeast mixture to this and then gradually add 6 - 7 cups flour. Knead well until the dough is just stiff enough not to stick to your hands. Cover bowl with towel and let stand until double in bulk—punch down and let rise again. Make into 3 loaves of bread and put in warm place until double the size. Bake 350° for 1 - 1¼ hours. This recipe is also good for dinner rolls or cinnamon buns. Yield—3 loaves.

Norma Hodgkins (Perrin) 1943.

MIX MASTER BREAD

Put ingredients in Mix Master and mix.

2 eggs
¼ cup brown sugar
3 tbsp. shortening
1 tbsp. salt
3½ cups cooled scalded milk
1 pkg. dry yeast dissolved in ½ cup warm water
1 tbsp. sugar
6-7 cups flour

Beat until thick. Pour into 2 well greased pans. Let rise until double in bulk. Cook for 15 mins. at 400° then reduce heat to 350° and bake for 35 - 40 mins.

Thelma Cole (Dawson '53B).

BROWN BREAD

1 package yeast
4 cups liquid (milk, water, or potato water)
3 tbsp. sugar
1 1/3 tbsp. salt
2 tbsp. shortening
1 cup molasses
1 cup oatmeal
1 cup Bran or Brex cereal
about 10 cups flour

Dissolve yeast in ½ cup lukewarm water and 1 teasp. sugar. Let stand 10 minutes.

Scald the 4 cups liquid — add the rest of the ingredients, except flour and cool to lukewarm.

Add yeast mixture and 6 cups flour and mix until a smooth batter is obtained. Then add remainder of flour — using more or less if necessary—to make a dough which is soft but not sticky.

Set aside in warm place to rise until more than double in bulk (approx. 2 hrs.). Knead down—make into loaves, put into greased pans, let rise again until double in bulk, and bake. Oven 350°—35 - 40 mins.

J. Hedley (Lowry '52A).

LUNCH BROWN BREAD

7 cups whole wheat flour
4 cups white flour
½ cup wheat germ (or whole wheat cereal—e.g. Brex, Red River Cereal)
2 pkgs. dry yeast
1 cup lukewarm water
1 tbsp. salt
½ cup sugar
3 tbsp. molasses
3 cups scalded liquid (1 canned milk, 2 water or potato water)
3 tbsp. melted shortening

Put the 3 cups scalded liquid, sugar, salt, molasses, shortening and wheat germ in mixing bowl, beat well and add yeast, dissolved in lukewarm water. Beat again, then add flour until dough can be handled. Knead, adding more flour, as necessary, until elastic. Do not mix as stiff as white bread. Let dough rise until double its bulk, then mould into 3 small loaves. Let rise again until double, then bake at 375° for about 1 hour.

Margaret Lemoine (Cummings 52A).

RYE BREAD

1 pkg. dry yeast
1 tbsp. white sugar
½ cup lukewarm water

Sprinkle the dry yeast into the ½ cup warm water and 1 tbsp. sugar. Let stand 10 minutes—then add to following solution—

1 cup milk scalded and cooled
2 cups water
½ cup shortening (melted in milk)
1 tbsp. molasses
1 tbsp. salt
2 cups rye flour
5 cups white flour (or enough to make stiff dough)

Knead well—let rise twice before putting into loaves—when double in bulk. Bake in 400° F. oven for 15 minutes — then reduce to 350° F. Total time about 1 hr. 3 large loaves.

Ruth Diehl (Ferguson '44).

CHEESE BREAD

1 package dry yeast
1 teasp. sugar

Dissolve in 1 cup lukewarm water for 10 minutes.

Scald one cup of milk and add:

2 teasp. salt
1 tbsp. shortening
1 tbsp. sugar

Cool to lukewarm — add yeast. Add 2 cups white flour and beat well. Then add 2 more cups flour which has been mixed with 1 cup grated cheese—knead well with another ½ cup flour. Let rise once then put in loaves. When double in bulk, bake at 350° approx. 1 hr. Yields 2 large loaves.

Ruth Diehl (Ferguson '44).

FRUIT BREAD

2 cups milk
½ cup butter
½ cup white sugar
1 teasp. salt
1 cup raisins
4 egg yolks, well beaten
1 pkg. yeast
¼ cup lukewarm water
6 cups flour (about)

Dissolve yeast in cup of lukewarm water, add scalded and cooled to lukewarm milk. Cream butter, add sugar and egg yolks. Add yeast mixture, stir in 2 cups flour and beat until smooth. Cover and let rise in warm place for 1 hr., then add raisins, salt, (peel or nuts or both if desired) and sufficient flour to make a soft dough. Knead well. Let rise in warm place until double in bulk (about 1½ hrs.). Put in greased loaf pans. Let rise for another 30 minutes. Brush with egg white which has been beaten with 1 teaspoon cold water. Bake in a moderate oven. This dough makes nice cinnamon buns, too.

Mrs. Victoria Skrepnak (Rapko '53B).

BUNS

1 pkg. yeast
1 teasp. sugar
¾ cup warm water
½ cup milk
1½ teasp. salt
3 tbsp. sugar
3 tbsp. shortening
1 egg, well beaten
4½ cups flour (warmed)

Combine first 3 ingredients and let stand for 10 mins. Scald milk, add salt, sugar and shortening. When lukewarm add egg and then flour, kneading to a soft dough. Let rise in warm place for about 2 hours—make into 2 doz. buns. Let rise until light and bake at 400° for 15 to 20 mins.

Minnie Haggerty (Parsonage 54B).

SWEET BUNS

½ cup shortening or butter
6 cups flour
1 cup white sugar
1 teasp. salt
2 cups water
1½ yeast cake or 1½ packages
½ cup water
1 teasp. sugar

METHOD: Mix yeast, water and sugar and let stand 10 minutes. Add boiling water to butter and allow to cool before adding it to the yeast. Mix the dry ingredients with the liquids. Then allow it to rise for 2 hours before forming rolls. Allow to rise again for 2 hours. Cook 20 mins. at 350°.

Alice McLaren (Esler 49B).

RING-A-ROUND COFFEE CAKE

1 pkg. yeast
¼ cup warm water
¾ cup milk, scalded
3 tbsp. shortening
2 tbsp. sugar
1½ teasp. salt
2½ to 3 cups flour

Soak yeast in water and let stand 10 mins. Scald milk and add next 3 ingredients. Add flour and knead until smooth and satiny. Let rise in warm place until double in bulk. Place 14" aluminum foil on cookie sheet—grease and turn up edges to form a 12" round pan. Cut off pieces of dough large enough to roll into 6" strips, ½" thick. Dip dough into ¼ cup melted butter and roll in the following mixture:

1/3 cup sugar
2 tbsp. brown sugar
1/3 cup chopped nuts (optional)

Wind strips into flat coil starting in center of foil pan to form a round flat coffee cake. Let rise until double in size—bake at 350° for 25 - 30 mins. Cool slightly and drizzle with vanilla icing.

Vanilla Icing

½ cup confectioner's sugar
1 to 2 teasp. milk
1 teasp. vanilla

E. Beireis (Goodman 56A).

FANCY ROLLS (Basic Recipe)

1 pkg. active dry yeast
½ cup lukewarm water
1 teasp. sugar
½ cup sugar
2 teasp. salt
¼ cup shortening
1 egg
5½ - 6 cups flour (all purpose)
1½ cups scalded milk

Sprinkle yeast over water in which has been dissolved 1 teasp. sugar. Let stand 10 minutes, stir briskly with a fork. Add sugar, salt and shortening to milk and cool to lukewarm then add softened yeast and well beaten egg. Stir well. Beat in 3 cups flour. Then add 2½ - 3 cups sifted flour. Work in flour with rotating motion of hand. Turn dough onto a lightly floured board and knead until smooth and elastic about 5 minutes. Shape into a smooth ball. Place dough in a lightly greased bowl, grease top lightly. Cover and let rise until double in bulk then turn onto lightly floured board. Divide into four equal pieces and form each into a smooth ball. Cover and let rest for 10 minutes. Shape into desired type of rolls. Cover shaped rolls and let rise until double in bulk—from ¾ to 1 hour. Bake at 375 degrees.

Edna Couling (Sample) 53B.

CINNAMON TWISTS

1 yeast cake
1 cup cream
4 eggs
1 cup shortening
5 cups flour
1 teasp. salt
2 teasp. cinnamon
1 cup white sugar

Dissolve yeast in ½ cup lukewarm water then add cream. Beat eggs, add shortening, flour, salt and yeast mixture. Knead and chill 4 hours. Mix cinnamon and half of sugar. Pour other half of sugar on table, turn dough on table and roll out. Fold over and over 4 times and roll until sugar is used up, then cut dough in strips and

roll in cinnamon and sugar mixture. Twist and set on pans. Let rise until double in bulk. Bake about 20 mins. at 375 degrees.

Beth Darrach (Coulthard 50).

FRUIT SCONES

2 cups flour
4 teasp. baking powder
1 teasp. salt
2 tbsp. sugar
¼ cup shortening
½ cup raisins
¾ cup milk
1 egg (beaten lightly)
1 teasp. lemon extract

Sift dry ingredients together. Cut in fat with pastry blender until mixture resembles fine bread crumbs. Add raisins. Combine egg and milk and blend with dry ingredients. Turn out onto floured board and knead very slightly. Pat dough flat ½" thick — cut in desired size. Brush top with milk and sprinkle with sugar.
Bake at 400°—15 - 20 minutes.

M. Tweedie (Russell 50A).

SCOTCH SCONES

3 cups flour
1 teasp. baking soda
1 teasp. cream of tartar
1 teasp. salt
2 teasp. sugar
butter (size of egg)
buttermilk

Put all dry ingredients into sifter. Rub in butter with hands. Add sufficient buttermilk to make stiff batter. Divide in three portions, roll lightly ½ inch thick, cut as for pie.
Bake on top of stove in hot griddle, until golden brown, turn and bake on other side. Griddle may be floured very lightly.

B. Scott (Edwards '36).

BANANA MUFFINS

6 tbsp. milk
2 tbsp. vinegar
2 cups flour
1 teasp. baking soda
½ teasp. salt
¾ cup sugar
1 egg, beaten
1 cup mashed bananas (ripe)
½ cup shortening

Mix milk and vinegar and let stand while combining dry ingredients.
Cream shortening, sugar and egg. Add milk and vinegar mixture then alternately add dry ingredients and banana. Bake at 400 deg. for 20 minutes.

A. Riordan (Danielson 1949B).

BRAN GEMS

¾ cup white sugar
1 teasp. salt
1 teasp. soda
1 teasp. baking powder
2 cups flour
pinch nutmeg
¾ cup bran
1 egg
1 cup buttermilk
¼ cup sweet cream

METHOD: Sift dry ingredients together, add bran and mix. Mix egg, buttermilk and cream together well, and add to dry ingredients. Bake 350 degrees for 1 hour in loaf tin. May also be used as muffins.

Margaret Sawatzky (Currie '50B).

BRAN MUFFINS

1½ cups flour
1½ cups bran
2 teasp. baking powder
½ teasp. baking soda
1 cup sour milk
¼ teasp. salt
1 egg
¼ cup melted margarine
¾ cup raisins
½ cup brown sugar

Sift baking soda, baking powder, salt and flour together and add to bran. Beat eggs and milk together, add melted margarine and sugar and add this to flour. Add raisins and mix well. Bake in greased muffin tins at 375° for approximately 30 mins.

E. Degen (1944).

DELIGHTS

½ cup butter
¾ cup sugar
2 eggs, unbeaten
2 cups sifted cake flour
2 teasp. baking powder
½ teasp. salt
1 teasp. vanilla
jam

Oven 375°. Grease small muffin tins. Cream butter, sugar and vanilla. Add eggs, one at a time, beating well after each. Sift flour, salt and baking powder. Add dry ingredients to creamed mixture, blending well. Chill. Form dough into small balls and with fingers pat into muffin tins. Fill center of each with 1 teasp. jam. Bake 12 to 15 mins. until lightly browned only.

Margaret Lemoine (Cummings 52A).

RAISIN CUPCAKES

1½ cups seedless raisins
2/3 cups liquid (saved from simmering raisins)
¼ cup soft shortening
¾ cup sugar
1 egg
1½ cups sifted flour
2 teasp. baking powder
1 teasp. cinnamon
½ teasp. cloves
½ teasp. salt

Cover raisins with water in a small saucepan. Bring to a boil and simmer 20 minutes. Drain well, saving 2/3 cup of liquid. Cool. Heat oven to 400°. Put paper baking cups in 16 large muffin cups. Cream shortening, sugar and egg. Sift flour, baking powder, cinnamon, cloves and salt together, and stir into creamed mixture alternately with raisin liquid. Fold in raisins. Spoon into muffin cups. Bake 12 to 15 minutes or until top springs back when touched lightly in center. Ice with butter icing.

Margaret Lemoine (Cummings 52A).

ORANGE UPSIDAISIES

¾ cup orange juice
1 teasp. grated orange rind
½ cup sugar
1/3 cup butter or margarine
⅛ teasp. salt

Combine above ingredients in sauce pan and simmer over low heat for 10 minutes. Divide into well greased muffin tins. Fill almost half full.

2 cups flour
3 teasp. baking powder
1 teasp. salt
1/3 cup salad oil
¾ cup milk

Add oil and milk to dry ingredients and blend well. Roll out on floured bread board to a 13 x 10 rectangle.

2 tbsp. sugar
1 teasp. cinnamon
⅛ teasp. salt

Combine and sprinkle over dough. Roll as for jelly roll. Cut into slices and place in muffin tins over orange mixture. Bake at 400° for 20 - 25 minutes.

W. Rutherford (Raeside) 1950.

RAISIN CUP CAKES

½ cup butter
¾ cup sugar
1 egg
1 teasp. soda
1 cup raisins
1½ cup flour
1 teasp. cloves
1 teasp. cinnamon

Cook raisins in 1½ cup water for 10 mins., then cool. Cream butter and sugar. Add beaten egg. Sift flour, soda and spices. Add raisin mixture. Bake at 375° for 20 to 25 minutes.

Jean Tidsbury, '42.

JELLY MUFFINS

1 egg
1/3 cup cooking (salad) oil
½ cup mashed very ripe banana (1 large)
¼ cup milk
½ cup sugar
1 2/3 cup sifted all purpose flour
¾ teasp. salt
2 teasp, baking powder
¼ teasp. soda
¼ cup red currant jelly or any jam

Heat oven to 375°. Grease 12 medium muffin cups or use waxed baking cups.

Beat egg, oil, banana and milk together lightly with a fork. Stir in sugar. Sift dry ingredients together into first mixture and stir only until dry ingredients are moistened.

Spoon into muffin cups filling 2/3 full. Make a depression in the top of each muffin with the tip of a spoon and fill with 1 teasp. of jelly. Bake 15 to 20 minutes. Serve warm or cold.

Karen Dunn (Turner 61A).

YORKSHIRE PUDDING

2 eggs
1 cup milk
1 cup flour
½ teasp. salt

Have eggs and milk at room temperature. Mix ingredients in order given and beat well. Put ⅛ teasp. grease in each muffin tin and put in oven until very hot, add mixture and bake at 425° for 25-30 minutes. Yield—12.

Muriel Seddon (Delf 54).

BISCUIT MIX

9 cups flour
2 cups shortening
¼ cup baking powder
1 teasp. salt

Store in refrigerator.

To make into biscuits:

2 cups mix
½ cup milk
½ teasp. baking powder
sugar (if sweet biscuit desired)

Combine ingredients. Bake at 400° for 10 - 15 mins. on ungreased pan.

Jean Hedley (Lowry 52A).

DOUGHNUTS

2 pkgs. dry yeast
½ cup warm water
1 teasp. sugar

Combine and let stand in warm place for 10 minutes.

6 eggs
1 cup sugar
1½ cups Mazola oil
2 teasp. salt
4 cups water (warm)
flour

Beat eggs, add other ingredients. Add enough flour to make it the consistency of bread dough. Cover with a cloth and place in a warm place until double in bulk. Roll out to ½ inch thickness—cut with doughnut cutter and let rise until double in size. Cook in heated lard or oil until browned on each side. Yield 10 dozen.

Hazel Hildebrandt (Perrin 51B).

FANCY LOAVES

CINNAMON BREAD

¼ cup butter or shortening
1 cup white sugar
2 eggs
¼ teasp. salt
1 cup salad cream
½ teasp. soda
1½ cup flour
1½ teasp. baking powder

Topping

½ cup fine coconut
½ cup brown sugar
½ teasp. cinnamon

Cover bottom of loaf pan with ½ dough. Add ½ topping and balance of dough. Swirl with knife. Add remainder of topping. Bake 1 hour at 325°.

Kay Runner (Penner 47).

ORANGE BREAD

(More flavourful second day)

rind of 2 oranges, cut fine
2/3 cup sugar
2/3 cup water
1 tbsp. butter
1 egg
2/3 cup milk
2 cups all-purpose flour
4 teasp. baking powder
½ teasp. salt

Boil orange rind, sugar and water together until syrup will spin a thread. Add butter. Cool.

Beat egg until light. Add milk. Add alternately with syrup mixture to flour, baking powder and salt. Pour into greased loaf pan. Bake 1 hour at 350°. While still warm glaze with orange topping —1/3 cup orange juice with 1/3 cup sugar.

O. Taylor (Dinsdale 1941).

ORANGE DATE BREAD

2 cups sifted flour
3 teasp. baking powder
1 teasp. salt
½ cup sugar
1 cup chopped dates
1 teasp. grated orange rind
2 eggs
½ cup milk
½ cup orange juice
¼ cup melted shortening

Sift together dry ingredients, add dates and orange rind. Beat eggs,

add milk, orange juice and shortening. Add liquid to dry ingredients, stirring until batter is smooth. Bake 350° for 1 hour.

Lesley Price (Ridings 57A).

ORANGE LOAF

2 cups flour
½ teasp. salt
1 teasp. baking powder
1 teasp. soda
(sift together)
2 tbsp. margarine — melt
then add
grated rind of 1 orange
1/3 cup orange juice
1 cup white sugar
1 egg—slightly beaten
½ cup boiling water
2 teasp. vanilla

Sift dry ingredients over this mixture. Stir only until all flour is dampened. (Batter will be lumpy.) Add ½ cup chopped nuts if desired. Bake 350°—60 minutes.

W. Rutherford (Raeside '50).

(WHOLE WHEAT) DATE AND NUT LOAF

1 cup white flour
2 cups whole wheat flour
½ cup brown sugar
1 teasp. salt
4 teasp. baking powder ,level
2 tbsp. shortening
1 egg
½ lb. dates
1 cup nuts
2 cups milk

Sift baking powder with white flour. Stir into remainder of dry ingredients, add milk and lastly melted shortening. Bake 1 hour in oven 350° F.

B. Scott (Edwards '36).

DATE LOAF

2 cups flour
2 teasp. baking powder
1 teasp. baking soda
¼ teasp. salt
1 cup chopped dates
¾ cup raisins (or nuts
if desired)
1 egg
¼ cup softened margarine
¼ cup sugar
1 cup boiling water
¾ cup sour milk

Sift flour, baking powder and salt. Pour boiling water over chopped dates and soda. Mix egg, sour milk, melted margarine and sugar and add to flour. Add dates and raisins (or chopped nuts). Bake in greased loaf pan at 350° for approximately 1 hour.

E. Degen, '44.

ONION CHEESE SUPPER BREAD

½ cup chopped onion
1 tbsp. fat
1 beaten egg
½ cup milk
1½ cups packaged biscuit mix
1 cup grated sharp cheese
1 tbsp. poppy seed
2 tbsp. melted butter

Cook onion in fat until tender and light brown. Combine egg and milk; add onion and half the cheese. Prepare package mix as directed on box. Spread dough in greased 8 x 1½ round baking dish.

Sprinkle with remaining cheese and poppy seed. Drizzle melted butter over all. Bake at 400° for 20 - 25 minutes. Serve hot with cold meat and salad.

Thelma Cole (Dawson 53B).

PINEAPPLE LOAF

2 cups flour
½ cup white sugar
1 teasp. baking powder
½ teasp. salt
1 cup raisins
1 egg (beaten)
1 teasp. vanilla
2 tbsp. shortening (melted)
1 cup crushed pineapple and juice
1 teasp. baking soda (added to pineapple)

Mix dry ingredients in bowl then add egg, melted shortening and pineapple. Bake in 350 degree oven for one hour.

E. Rusk, 1938.

SPICED PINEAPPLE LOAF

8 tbsp. brown sugar
¾ cup white sugar
2 eggs (well beaten)
2 cups flour
2 teasp. baking powder
½ teasp. baking soda
½ teasp. salt
1 teasp. cinnamon
¼ teasp. cloves
¼ teasp. nutmeg
1 cup crushed pineapple and juice

Mix in order lastly adding flour mixture alternately with pineapple. Bake 350°—1 hour.

M. Tweedie (Russell '50).

BANANA TEA BREAD

1¾ cups flour
2 teasp. baking powder
½ teasp. salt
1 cup dates, cut fine
1 cup mashed ripe banana
½ cup nuts
1/3 cup shortening
2/3 cup sugar
2 eggs

Sift flour, baking powder and salt. Mix about 3 tbsp. with dates and nuts. Cream shortening. Add sugar gradually. Add eggs and beat. Add sifted dry ingredients with banana to creamed mixture. Add floured dates and nuts last. Bake 350° F. approximately one hour.

Do not use until is has been allowed to stand for 24 - 48 hours wrapped.

J. Lyon (Mensforth 56A).
Shirley Almdal (Mensforth 51A).

PUMPKIN BREAD

½ cup shortening
1 cup brown sugar
½ cup white sugar
1 egg
¾ cup mashed pumpkin
2 cups flour
3 teasp. baking powder
1 teasp. salt
1 teasp. cinnamon
1/3 cup sour milk

Combine ingredients in order listed, turn into greased loaf pan, and bake about 35 min. at 350°. Makes 1 large loaf, or 2 dozen medium muffins.

Vivian Cameron (West 48B).

CRANBERRY NUT BREAD

2 cups flour
1 cup sugar
1½ teasp. baking powder
½ teasp. soda
1 teasp. salt
1 cup chopped cranberries
¼ cup shortening
¾ cup orange juice
1 tbsp. grated orange rind
1 beaten egg
½ cup chopped nuts

Sift together flour, sugar, baking powder, soda and salt. Cut in shortening. Combine orange juice, rind, and egg; pour all at once into dry ingredients, mixing just enough to dampen. Fold in nuts and cranberries. Spoon into greased loaf pan 9 x 5 x 3. Bake about 1 hour at 350°. Remove from pan to cool.

Vivian Cameron (West 48B).

CRANBERRY LOAF

1 cup cranberries
1 cup white sugar
3 cups flour
4 teasp. baking powder
1 teasp. salt
1 cup milk
1 egg
½ cup candied peel (orange)
3 tbsp. melted butter
2 tbsp. corn syrup
½ teasp. almond extract

METHOD: Put cranberries through coarse blade of food chopper with ¼ cup sugar. Measure flour, baking powder, salt, remaining sugar in bowl. Add orange peel. Beat egg, add milk and melted butter.

Add all at once to flour mixture, stirring only until moistened. Fold in cranberries. Bake in loaf pan for 1 hour at 350 degrees. Mix corn syrup with almond extract. Brush over loaf while still warm.

Vivian Pearce (Benson '48).

FRUIT LOAF

2½ cups bisquick mix
1/3 cup white sugar
1 cup broken walnuts
½ lb. mixed fruit or cherries
2 eggs (beat in separate bowl)
1 cup milk

Add dry ingredients stirring only until dampened. Bake at 350°—45 minutes.

W. Rutherford (Raeside '50).

APRICOT NUT LOAF

2 cups flour
3 teasp. baking powder
½ teasp. salt
½ teasp. baking soda
1 cup sugar (white)
¾ cup finely chopped dried apricots
½ cup chopped walnuts
1½ teasp. grated lemon rind
2 tbsp. melted butter
1 egg, slightly beaten
1 cup milk

Grease a 9″ x 5″ x 3″ loaf pan. Sift together flour, baking powder, salt, baking soda, and sugar. Stir in apricots, nuts, and lemon rind. Add melted butter, egg and milk all at once and stir only enough to moisten dry ingredients. Do *not* beat. Turn into prepared pan. Bake 1 hour at 350°.

Meryl Davis (Hainstock 1945B).

CHERRY LOAF

¾ cup brown sugar
2 tbsp. butter
1 egg
6 oz. bottle maraschino cherries
2 cups flour
2 teasp. baking powder
½ teasp. salt

Cream butter and sugar. Break egg into measuring cup — beat — add cherry juice and fill up cup with milk. Add alternately with

flour, baking powder and salt. Chop cherries and add last. Bake in loaf tin at 350° F.—45 minutes.

J. Lyon (Mensforth 56A).

CHERRY LEMON LOAF

1/3 cup butter
1 cup white sugar
2 eggs, slightly beaten
grated rind of one lemon
½ cup chopped walnuts
½ cup glaced cherries chopped
½ cup milk
1½ cup flour
1 teasp. baking powder
¼ teasp. salt

Cream butter and add sugar gradually. Cream until smooth, add eggs and lemon rind. Sift together dry ingredients and add alternately with milk. Add walnuts and cherries. Bake in well greased loaf pan 45 minutes to an hour in moderate oven 350°.
Remove from oven and let stand in pan for 10 minutes. Remove from pan and while still warm glaze with the juice of the lemon to which has been added ¼ cup sugar. Use a pastry brush to make sure to glaze the whole loaf.

Jane Kawahara (Hikida 50B).
Shirley Almdal (Mensforth 51A).

CAKES

When Mom says
"It's my day to bake,"
You can be sure
That there'll be a cake.

SPANISH BUN

¾ cup butter (part shortening)
1½ cup brown sugar
1 whole egg and 3 yolks
1 cup milk
2 cups flour
3 teasp. baking powder
1/3 teasp cloves
2/3 teasp. allspice
1 teasp. cinnamon

Meringue

3 egg whites
½ teasp. cinnamon
⅛ teasp. cloves
⅜ teasp. allspice
½ teasp. cream of tartar
1 cup brown sugar

Cream sugar, butter, egg yolks. Add dry ingredients alternately with milk. Bake at 375 deg. about 35 minutes. Ice with meringue almost immediately and place in oven until golden brown. Meringue is made by adding spices and cream of tartar to egg whites and beat stiff then add 1 tbsp. brown sugar at a time.

Donna Arason (Baldwin 1950A).

MACAROON CAKE

½ cup butter
½ cup sugar
1½ teasp. baking powder
1 teasp. almond flavoring
4 egg yolks
1 cup flour

Place this batter in well greased pan. Beat 4 egg whites stiff. Beat in 1 cup sugar and 1 cup coconut (or chopped nuts). Pour this over batter in pan 8 x 8. Bake in oven 275°—30 - 40 minutes.

E. Degen (1944).

ORANGE ICING SPICE CAKE

½ cup butter
1 cup light brown sugar
½ teasp. salt
1 teasp. baking powder
½ teasp. soda
½ teasp. allspice
¼ teasp. ginger
1 teasp. cinnamon
2 cups sifted cake flour

All in bowl together. Beat at low speed until ingredients well mixed.

Add ¾cup buttermilk—beat at cake mix speed for 2 mins. Scrape sides often.

Add 2 whole eggs—beat 2 more minutes then add ½ cup pecans at the end of the beating. Put in 8 x 8 pans—oven temp. 350°—25 - 30 minutes. Make an orange icing—

4 tbsp. butter
2 cups icing sugar
juice and rind of orange
orange coloring

Beat well with electric mixer and spread on cakes.

Doris E. Nicol (Edwards 1941).

JAM RIPPLE COFFEE CAKE

1/3 cup soft butter
1 cup sugar
1½ cups sifted all-purpose flour
2 teasp. baking powder
½ teasp. salt
2 egg yolks
½ cup milk
½ teasp. almond extract
2 egg whites
½ cup cherry or apricot jam
½ cup chopped pecans (optional)
¼ cup sugar
2 tbsp. melted butter

Heat oven to 375°. Grease 8″ sq. cake pan. Cream butter and sugar until fluffy. Sift flour, baking powder, and salt together. Beat egg yolks and beat in milk and almond extract. Add dry ingredients to creamed mixture alternately with egg and milk mixture, blending well.

Beat egg whites stiff but not dry and fold in. Spoon into pan. Drop jam by small spoonfuls on top of dough. Run a knife through to ripple. Combine sugar and pecans and sprinkle over top. Drizzle melted butter over all. Bake about 35 min. or until toothpick inserted in center comes out clean.

Connie Dole (Mathews 45B).

TIN SLICE

2 cups raisins
2 cups water
2 teasp. soda

Put in pan and cook until mixture begins to foam. Remove from heat and cool. Mix:

1 teasp. vanilla
1 cup sugar
2 eggs
1 teasp. salt

Add: 3 cups flour alternately with cool raisin mixture. Stir in 1 cup of nuts.

Bake in 4 small cans (15 or 20 oz.—soup or vegetable cans) for 1 hour at 350°. (Will keep well in freezer after removal from tins.)

Lorraine La Lier (Holman 55A).

DOUGHNUTS

1 egg (beaten)
2 tbsp. butter
1 cup milk
1 teasp. salt
3 cups flour
1 cup white sugar
1 teasp. vanilla—¼ teasp. mace if desired
1½ teasp. soda
2 teasp. cream of tartar

Cream butter, add sugar then egg. Add sifted dry ingredients with milk. Cover bowl and chill for 1 hour. Roll dough to ¼ inch thickness, cut and fry in deep fat.

Dorothy Steele (Ohm 55A).

SNOWFLAKE CAKE

1 cup butter
2 cups white sugar (cream well)
4 eggs
3 cups sifted cake flour
½ teasp. salt
3 teasp. baking powder
1 cup milk
½ teasp. almond
1 teasp. vanilla

Cream butter and sugar well. Add 4 whole eggs one at a time and beat well after each addition, scrape from sides often. After all eggs have been added turn to cake mix speed and beat for 2 minutes until very fluffy. Add dry ingredients with 1 cup milk. Mix well but do not beat too long.

This will make 3—9 inch layers. Oven 350°—30 - 35 minutes. Suggested Icing—Seven Minute.

Doris E. Nicol (Edwards 1941).

FUDGE CAKE

½ cup melted butter
1 cup brown sugar
1 egg
2 tbsp. cocoa
½ cup flour
¾ cup walnuts
1 teasp. vanilla

Add melted butter to sugar, then egg and beat. Add cocoa and flour and beat well. Bake in greased 8 by 8 pan at 375° for 30 mins. Ice with cocoa flavored icing as soon as cake is removed from oven.

Nettie Doerksen (Enns 57B).
G. Schmidt (Heschel 1951).

CRUMB CAKE

2 cups flour
1 cup white sugar
¾ cup butter

Rub into crumbs. Take out 1 cup crumbs—to sprinkle over the top of the cake. Mix:

1 cup sour milk
1 teasp. soda dissolved in milk
1 teasp. cloves
1 teasp. cinnamon
1 egg
1 cup raisins
1 cup currants

METHOD: Pour into medium sized cake pan. Sprinkle the cup of crumbs on top of cake, then bake in moderate oven 375 degrees for 30 to 35 minutes.

Mary Wasio, 51A.

SPICE CAKES

2¼ cups sifted flour
1½ cups sugar
3 teasp. baking powder
1 teasp. salt

1 teasp. cinnamon
½ teasp. cloves
¼ teasp. allspice
½ cup soft shortening
1 tbsp. molasses (optional)
¾ cup milk
1½ teasp. vanilla
¼ cup milk
2 eggs

Sift together flour, sugar, baking powder, salt and spices. Add shortening and (molasses). Pour in ¾ cup milk and vanilla. Beat well. Add remaining ¼ cup milk and unbeaten eggs. Beat.

Pour into 13 x 9 x 2 pan. Bake for 40 minutes at 350° or 2 9 in. layer pans for 25 mins.

Lorraine La Lier (Holman 55A).

HONEY CAKE

1 lb. honey
1 cup white sugar
1 cup oil (mazola)
4 eggs
1 cup strong tea
1½ teasp. soda
1 teasp. cinnamon
1 teasp. nutmeg
1 cup raisins
3 cups flour

Put honey in good sized saucepan to melt. Add soda later. Mix eggs, oil, sugar. Add dry ingredients alternately with strong tea. Stir soda into liquid honey, leave on element until the soda foams up and add to first mixture. Add raisins. Pour into greased 9-13 pan. Bake 325°-350°—about 1 hour.

Grace Lazar (Burgess 50A).

SPONGE CAKE

3 eggs
1 cup flour
1 cup sugar (small)
2 teasp. baking powder
5 dessert spoons milk (boiled)
salt

Separate eggs and beat. When yolks are thick add half cup sugar. Beat whites of eggs until stiff and add remaining half cup of sugar then combine the two.

Add the boiled milk and lastly the flour and baking powder. Stir flour in gently and bake in tube pan for ¾ hour in moderate oven.

E. Rusk, 1938.

CHIFFON CAKE

5 egg yolks
5 tbsp. cold water
1 cup sugar
1 cup flour (cake)
½ teasp. salt
1 teasp. lemon extract
1 teasp. vanilla
5 egg whites
1 teasp. cream of tartar

Beat egg yolks, sugar and water 5 min. with electric beater at 2nd speed. Add flour and flavoring and beat well. Beat egg whites till foamy and add cream of tartar. Beat till stiff and dry, and fold into first mixture.

Bake 40 min. at 325° in unbuttered 10" tube pan. Remove from pan when cold. Frost with butter icing, using orange juice for the liquid.

This recipe is unusual for chiffon cakes, as it breaks some of the rules. Perhaps that is why it is so good.

Vivian Cameron (West 48B).

PINEAPPLE MERINGUE CAKE

½ cup butter
1 cup flour

Crumble butter and flour together and pack into 8″ x 8″ pan. Brown in 325° oxen. Then mix:

½ cup white sugar
2 teasp. cornstarch
1 cup well drained crushed pineapple
1 tbsp. butter

Boil above until thick. Beat 2 egg whites until stiff then add—

1/3 cup white sugar
½ teasp. baking powder
¼ teasp. salt
1 cup coconut

Spread pineapple mixture on browned crust then spread meringue on top and brown in oven.

Colleen McLeod (Hopper 1955A).

CHERRY CAKE

1¼ cup butter
1¾ cup sugar (beat 12 minutes)
3 eggs (beat one at a time, 1 minute for each one)
grated rind of 1 lemon
3 cups flour
1½ teasp. baking powder in flour
½ cup milk
1½ cup glace cherries
3 tbsp. mixed peel

Bake at 325° for 1½ hours. Use Angel Cake pan.

Kay Runner (Penner 47).

JELLY ROLL

4 eggs
¾ cup sugar
¾ cup sifted cake flour
¼ teasp. salt
¾ teasp. baking powder
1 teasp. vanilla

Pre-heat oven to 400° F.

Grease 15″ x 10″ x 1″ pan and line bottom with wax paper. Sift, then measure flour, add baking powder and salt. Sift together 3 times. Beat eggs until thick and lemon-coloured. Gradually add sugar, a small amount at a time, beating well after each addition. Add vanilla. Fold in flour mixture.

Turn into prepared pan. Bake 12 - 15 minutes. Invert cake onto sugar-sprinkled wax paper on a damp cloth. Cut off crisp edges of cake. Peel off paper. Roll up quickly. Cool cake wrapped in cloth on wire cake rack. Unroll and spread with desired filling. Re-roll.

Marie Jurick (Dale '60B).

ORANGE RAISIN CAKE

1 cup brown sugar
1 egg
½ cup butter
1 cup sour milk
2 cups all-purpose flour
1 teasp. soda
pinch of salt
1 teasp. baking powder
1 orange, juice and rind
½ cup raisins
½ cup nutmeats

METHOD: Beat sugar, egg, butter and sour milk. Sift together flour, soda, baking powder and salt. Add to first mixture. Grind together orange rind, raisins, and nuts. Add half of ground mixture to the batter. Mix, pour into buttered square cake pan and

bake 40 minutes at 350°. Pour juice of orange over the cake as it is removed from the oven. When cake is cooled add the remaining ground mixture to a powdered sugar icing and spread over cake. (Optional—½ teasp. each cloves and cinnamon.)

A. Riordan (Danielson 58B).

RAISIN OATMEAL CAKE

Pour 1 cup boiling water over 1 cup oatmeal — let cool. Add—

½ cup shortening
1 cup sugar
2 eggs

Beat well and add—

1 cup flour
1 teasp. soda
1 teasp. cloves
1 teasp. cinnamon
1 cup raisins

Bake in 8 x 8 pan at 350° for 30 - 45 minutes.

Wanda Rutherford (Raeside 50B).

BOILED RAISIN CAKE

Cover 1½ cups of raisins with boiling water. Let simmer 20 mins. Drain and set aside 1 cup raisin water.

¾ cup brown sugar
½ cup butter or margarine
1 egg
1 cup raisin water
1½ cups all-purpose flour
1 teasp. baking soda
½ teasp. baking powder
1 teasp. nutmeg
1 teasp. cinnamon
1 teasp. vanilla

Cream sugar, butter and egg. Add 1 cup raisin water and vanilla. Add sifted dry ingredients, then the raisins.
Bake in pan (9 x 9) well greased and floured for 35 mins. at 350°.

Mildred Hjertaas (Forshner '42).

APPLESAUCE CAKE

½ cup shortening
1 cup sugar
1 egg
2 cups flour
1 teasp. baking soda
½ teasp. salt
½ teasp. cloves
1 teasp. cinnamon
1 cup strained thick applesauce
2/3 cup chopped raisins
2/3 cups chopped walnut meats

Cream together shortening and sugar. Add egg; beat well. Sift together flour, soda, salt, cloves, and cinnamon. Add alternately with applesauce to creamed mixture. Add raisins and nut meats. Pour into 9" greased tube pan. Bake in moderate oven (350° F.) for 1 hour. Let stand until cold. Remove from cake pan.

B. Scott (Edwards '36).

YUM YUM CAKE

1½ cup boiling water
1 cup white sugar
½ cup shortening
1 cup raisins
2 squares chocolate
1 teasp. cinnamon

Boil together in saucepan for 5 minutes. When cool add ½ teasp. soda dissolved in 1 tbsp. hot water—then add: 2 cups flour, ½ teasp. salt, sifted together, and 1 teasp. vanilla. When blended pour into a greased pan. Bake 350° F—40-45 minutes.

B. Scott (Edwards '36).

YUM-YUMS

½ cup butter or margarine
1 cup brown sugar
½ box Graham wafers (broken up—not rolled)
2 eggs, well beaten
½ cup walnuts
1 teasp. vanilla

Melt butter and brown sugar in pan on stove. Add vanilla and well beaten eggs. Stir on stove until it starts to bubble. Keep heat low and watch carefully that it doesn't burn. Add nuts and wafers. Stir until all wafers are coated. Press into an 8 x 8 pan. Top with butter icing.

Donna Sunde (Hackman '55B).

STREUSEL COFFEE CAKE

1 cup sugar
1½ cups flour
2 teasp. baking powder
¼ cup butter
1 egg, beaten
½ cup milk
¼ teasp. salt

Topping

½ cup brown sugar
2 tbsp. flour
2 teasp. cinnamon
8 tbsp. melted butter
½ cup chopped walnuts

Cream sugar, butter and egg. Add sifted dry ingredients alternately with milk. Put in 8 x 8 pan. Mix topping and sprinkle over batter. Bake at 375 deg. for 30 minutes.

Ruth Diehl (Ferguson 1944).

CHOCOLATE CHIP CAKE

1¼ cups boiling water
1 cup chopped dates
¾ cup shortening
1 cup white sugar
2 eggs (beaten)
2 cups flour
½ teasp. salt
1 teasp. soda
2 tbsp. Neilson's cocoa

Topping

½ cup brown sugar
½ cup chocolate chips
½ cup walnuts

Blend dates and boiling water, cool. Mix shortening, sugar and eggs, add alternately with dry ingredients. Pour into 9 x 13 pan. Sprinkle topping on cake. Bake 350° for 35 - 40 minutes.

Jean Hedley (Lowry 52A).

CHOCOLATE CHIP DATE CAKE

1½ cups boiling water
1 cup chopped dates (cook together)
1 teasp. soda
½ cup shortening
1 cup sugar
2 beaten eggs
1½ cup sifted flour
½ teasp. salt
¾ teasp. soda

Pour into 9″ x 9″ or 7″ x 11″ pan. Sprinkle 1 pkg. chocolate chips, ½ cup brown sugar, ½ cup chopped nuts. Bake at 350° for 45 - 50 minutes.

Eleanor Watson, '63.

CHOCOLATE CHIP CAKE

1/3 cup butter or margarine
¼ cup white sugar
¼ cup brown sugar
3 egg yolks
¾ cup flour
1 teasp. baking powder
1 teasp. vanilla
dash of salt

Topping

1 pkg. chocolate chips
3 egg whites
1 cup brown sugar
1 cup cocoanut

Mix all together as given and put in square pan. Sprinkle chips over batter. Beat egg whites stiff and add brown sugar and cocoanut, spread over chips. Bake at 350 deg. for 25 - 30 minutes.

M. Tweedie (Russell 1950A).

BANNOCK

2½ to 3 quarts of flour
2 teasp. salt
2 teasp. sugar
4 teasp. baking powder

Sift together and put in large pan. Make a well in center of flour. In this well pour: 2 cups warm water, ½ cup melted fat (beef drippings) or shortening. Work in the flour to a stiff dough, knead well. Separate into three pieces. Knead each piece into a ball and roll out to ½ inch thick. Prick with a fork. Place in a well greased tin and bake at 375 degrees until nicely browned.

B. Scott (Edwards '36).

ORANGE CAKE

½ cup butter
1 egg (beaten)
1 teasp. baking soda
1 cup chopped dates
2 cups flour
1 cup white sugar
1 cup sour milk
1 teasp. baking powder
1 cup raisins
grated rind of 1 orange

Stir soda into milk. Sift baking powder into flour. Combine all ingredients. Pour into greased 9 x 12 pan. Bake at 350° for 40 - 45 minutes. Mix ¼ cup white sugar with juice of orange and pour over cake immediately after removing from oven.

Gail Melville (Whitehead 1954A).

CHRISTMAS COFFEE CAKE

with sour cream

1½ cups sifted flour
1 teasp. salt
1½ teasp. baking powder
½ cup glace cherries
2 tbsp. chopped citron peel
1 cup sugar
2 eggs
1 cup dairy sour cream
½ cup butter
1/3 cup brown sugar
1 teasp. cinnamon
¾ cup chopped Brazil nuts

Oven 350°. Sift, measure flour, resift with salt and baking powder. Stir in cherries and peel. Cream butter—add (1 cup) sugar. Beat until blended—add eggs one at a time. Stir in flour mixed alternately with sour cream. Spread ½ batter in buttered 9 x 9 x 2 pan. Mix brown sugar, cinnamon and nuts—sprinkle ½ on batter. Top with remaining batter and nut mixture. Bake approx. 50 minutes.

Donna Lumgair (Garwood '59A).

LAZY DAISY CAKE

2 eggs
1 cup sugar
1 cup sifted flour
¼ teasp. salt

1 teasp. baking powder
1 teasp. vanilla
½ teasp. lemon extract
1 tbsp. butter
½ cup hot milk

Beat eggs well. Slowly add sugar and continue beating approximately 2½ minutes with electric mixer. Add extracts. Sift together salt, flour and baking powder, 3 times. Fold dry ingredients into egg and sugar mixture all at once. Melt butter in hot milk and add quickly. Pour batter into a greased paper lined pan (8″ x 8″). Bake 30 minutes at 350°.

While cake is warm cover with:

3 tbsp. melted butter
5 tbsp. brown sugar
2 tbsp. milk
1 cup cocoanut (mixed together)

Return cake to oven for topping to brown—approx. 10 minutes, or 3 minutes under broil heat.

Marie Jurick (Dale '60B).

SOUR CREAM COFFEE CAKE

1 cup commercial sour cream
1 teasp. baking soda
½ cup soft butter or margarine
1 cup granulated sugar
2 eggs, well beaten
1 teasp. vanilla
1¾ cups sifted cake flour
2 teasp. baking powder

Topping

¼ cup brown sugar
1 tbsp. cinnamon
2 tbsp. finely chopped nuts

Grease and flour 8-inch square cake pan. Heat oven to 350°. Combine sour cream and soda in a bowl—it will double in volume. In a mixing bowl blend butter and sugar thoroughly. Add eggs and vanilla. Beat well.

Alternately add sifted dry ingredients and sour cream. Spread half the batter in prepared pan. Sprinkle with half topping mixture. Cover with remaining batter and sprinkle with remaining topping. Bake 45 to 50 minutes. Serve warm. Can be wrapped in foil and reheated.

Margaret Lemoine (Cummings 52A).

RUM CAKE

¾ cup butter or shortening
1½ cup brown sugar
1 lb. dates
1 cup walnuts
1 teasp. baking soda
2 eggs, well beaten
1½ cups flour
¾ teasp. salt
1 tbsp. rum flavoring
1 cup boiling water

Oven 300°. Grease angel cake tin, cover bottom with wax paper. Cut up dates, chop nuts. Cream butter and sugar, add dates and nuts. Add soda to boiling water, pour over butter-sugar-date-nut mixture. Stir till cool. Add eggs. Stir in flour and salt. Add flavoring. Turn into pan, bake 1 hour 15 minutes. Cool in pan on rack 10 minutes. Remove from pan. Frost with butter icing flavored with rum and mace. (A moist cake.)

Margaret Lemoine (Cummings 52A).

SENSATIONAL FRUIT CAKE

¾ cup sifted all-purpose flour
¾ cup sugar
½ teasp. baking powder
½ teasp. salt
3 cups shelled Brazil nuts
1 lb. pitted dates
1 cup candied or well drained maraschino cherries
3 eggs
1 teasp. vanilla

Place the nuts, dates and cherries in a large bowl. Sift the flour, sugar, baking powder and salt over them. Mix with your hands until the fruit and nuts are coated. Beat the eggs until foamy, add the vanilla, and blend into the nut mixture. Spread evenly in a prepared 9 x 5 x 3-inch pan. (Grease pan and carefully line bottom and sides with wax paper.)

Bake 1 hour and 45 minutes at 300° F. Cool on a cake rack, after removing wax paper. Wrap in foil. Keeps five to six weeks.

Marguerite Gregory (Haywood 48A).

INEXPENSIVE FRUIT CAKE

½ lb. butter or margarine
1 cup white sugar
4 eggs
1 cup milk
3 cups flour
2 teasp. baking powder
2 cups raisins
½ lb. cherries
½ lb. mixed peel

Cream butter, sugar, add eggs. Alt. dry ingredients with milk. Add fruit last.

Bake 3 hrs. in slow oven 250° - 275°. Use 1 square Christmas cake tin or 2 loaf pans.

Doreen Stephenson (Carr 50A).

CHRISTMAS CAKE

¾ lb. butter
2 cups white sugar
8 eggs
2½ lbs. raisins
2 lbs. currants
1 lb. mixed peel
¼ lb. almonds
1 cup walnuts
1 dessert spoon mixed spice
4 cups flour
1 tbsp. molasses
½ teasp. soda dissolved in 1 cup of sour cream
2 teasp. baking powder
juice of 2 oranges
vanilla
cherries may be added

Bake at 275°-300° for 3 to 3½ hours. Makes 3 layers.

Norma Hodgkins (Perrin '43).

CHRISTMAS CAKE

1 lb. currants
1 lb. seedless raisins
1 lb. puffed raisins
½ lb. Sultana raisins
1 lb. mixed peel
½ lb. mixed nuts
¾ lb. glazed cherries
½ pt. cream
½ cup fruit juice from preserved raspberries, strawberries, etc.
½ cup molasses
1 level teasp. baking soda
8 eggs
5 cups flour
1 lb. butter
1 lb. brown sugar
1½ teasp. cinnamon
1½ teasp. nutmeg
1 teasp. cloves

Wash and prepare the fruits and dry in warm oven. When cool, mix in one cup of the flour.

Cream butter and sugar, add beaten eggs, add molasses and combine with flour, fruit and nuts and spices, also fruit juice. Add milk and soda mixed together. Mix well. Bake in three fruit cake tins with temperature at 300° F. until cake tester inserted in center comes out clean and cake feels firm in center (about 2½ hours).

V. Skrepnak (Rapko 53).

SPICY DREAM CAKE

2 eggs
1 cup brown sugar
1 cup sifted flour
1 teasp. baking powder
½ teasp. salt
1/3 teasp. cinnamon
¼ teasp. allspice
¼ teasp. cloves
1 teasp. vanilla
½ cup hot milk
1 tbsp. butter or margarine

Topping

3 tbsp. melted butter
5 tbsp. brown sugar
2 tbsp. milk or cream
½ cup shredded coconut or walnuts

Heat oven to 350° F. Grease an 8-inch square cake pan. Beat eggs until thick and light colored. Add sugar gradually beating until mixture is very thick. Add vanilla and mixed and sifted dry ingredients, including spices. Beat until well blended. Stir butter into hot milk and blend into batter. Pour into prepared pan. Bake in a moderate oven for ½ hour. While cake is baking, blend topping ingredients except coconut. Then spread on baked cake while it is still warm. Sprinkle with coconut. Return to oven about four inches from broiler heat and broil until topping bubbles and turns light brown—takes only one or two minutes, so watch closely.

V. Skrepnak (Rapko '53).

BLACK DEVIL'S FOOD CAKE

2/3 cup shortening
1½ cup sugar
3 eggs
2/3 cup cocoa
½ cup hot water
1 cup thick sour milk
½ teasp. soda
2 cups flour
1 teasp. salt
2 teasp. baking powder
1 teasp. vanilla

Blend shortening, sugar and eggs. Add cocoa mixed with hot water. Add sour milk in which soda is dissolved. Add flour, salt and baking powder and then vanilla. Bake in 350° (20 - 25 min. for layers, 30 - 35 min. for large pan).

June Mattson (Thompson 56A).

SOUR CREAM CHOCOLATE CAKE

½ cup butter
2 cups brown sugar
3 eggs
2 heaping tbsp. cocoa with ½ cup boiling water with dash of salt
2 cups flour
2 teasp baking soda
1 cup sour cream (salad cream will do)
1 teasp. vanilla

Cream butter—add sugar. Add eggs one at a time—beat after each

one. Add cocoa mixture. Add flour and soda then sour cream and vanilla. Bake in 9-13 pan (greased) 350° oven—30 mins. (approx.).

Grace Lazar (Burgess 50A).

ECONOMY CAKE

(Eggless and Milkless)

1½ cups flour
1 cup white sugar
3 tbsp. cocoa
½ teasp. salt
1 teasp. soda
1 teasp. baking powder
(sift together)

Make 3 depressions in flour, in one put 1 teasp. vanilla, in another 1 teasp. vinegar, in 3rd 5 tablespoons melted shortening. Over all pour one cup water (room temp.). Stir until batter is smooth. Pour into greased 8" square pan. Bake at 350°, 30 - 40 mins.

Lesley Price (Ridings 57A).

DEVILS FOOD CAKE

½ cup lard
1¼ cup sugar
2 eggs
1 teasp. vanilla
1½ cups flour
1 teasp. salt
1 teasp. soda
½ cup cocoa
1 cup milk

Cream together sugar and lard, add eggs, and vanilla. Sift dry ingredients together, and add alternately with milk. Bake 350° for approx. 40 minutes.

Margaret Sawatzky (Currie 50B)

HONEY CHOCOLATE CAKE

½ cup honey
½ cup butter
2 squares unsweetened chocolate
2½ cup any cake flour
½ teasp. soda
1 egg
½ cup brown sugar
1 teasp. vanilla
1 cup milk
½ teasp. salt
2 teasp. baking powder

Cream butter and honey well and add sugar, add egg and beat well then add melted chocolate. Add sifted dry ingredients with milk alternately. Bake in moderate oven 350° F.

Laura Olafson (Frederickson 1938).

ICINGS

Somebody walked across the floor
And caused the cake to fall;
But with special icing on
They won't notice at all.

JEANNE'S ICING

2½ tbsp. flour
½ cup milk
½ cup fruit sugar
½ cup Crisco
pinch of salt

Mix flour and milk and cook till thick paste—cool. While cooling mix other ingredients and beat for 15 minutes then add flour mixture. Vanilla may be added and if a stiffer icing is needed icing sugar may be added.

G. Schmidt (Heschel 1951).

CHOCOLATE BUTTER ICING

6 marshmallows (large)
1 square unsweetened chocolate
6 tbsp. milk
⅛ teasp. salt
3 tbsp. butter
2¼ cups icing sugar

Put marshmallows, chocolate, milk and salt into top of double boiler and heat until marshmallows are melted. Add butter then remove from heat and cool. Stir until a smooth paste is formed. Work into sugar until mixture is smooth enough to spread. Enough for two or three layer cake.

W. Rutherford (Raeside '50B).

MAPLE ICING

½ cup butter
3 cups sifted icing sugar
3 tbsp. cream
2 egg yolks
1 teasp. vanilla
1 teasp, maple flavoring

Cream butter well. Measure icing sugar and gradually blend about one cup of it into the butter. Add egg yolks and beat thoroughly. Add remaining sugar gradually, alternating with cream. Beat in vanilla and maple flavoring. Beat until smooth and spread on cake.

F. Mitchell (Smith '55).

NON-COOK FROSTING

2 egg whites
¾ cup light corn syrup
4 tbsp. sugar

Beat egg whites, then add sugar and continue beating. Slowly add syrup and continue beating until done.

F. Mitchell (Smith '55).

ANGEL CAKE TOPPING

4 egg yolks
2 tbsp. butter
1 cup sugar
juice of 4 oranges
2 tbsp. flour

Cook in double boiler and beat. Chill and add ½ pt. whipped cream.

T. Cole (Dawson '53B).

BUTTERSCOTCH FROSTING

1 cup brown sugar
5 tbsp. butter
¼ teasp. salt
¼ cup milk
1-1½ cups icing sugar

Combine sugar, butter and salt and bring to a boil. Add milk and boil 3 minutes. Cool. Add sifted icing sugar and beat until thick.

June Mattson (Thompson '56A).

WHIPPED CREAM

(for filling and frosting cakes)

1 teasp. gelatin
4 teasp. ice water
¼ cup icing sugar
1 cup chilled whipping cream
¼ teasp. vanilla

Soften gelatin in ice water for 5 minutes. Melt over simmering water until dissolved. Cool. Whip cream to custard—like consistency. Add dissolved gelatin; beat until blended. Beat in sugar and vanilla till soft peaks form. Cream will not lose its fluffy consistency.

6 tbsp. cocoa may be added with sugar for chocolate whipped cream.

Vivian Cameron (West 48B).

EASY CARAMEL FROSTING

½ cup butter
1 cup firmly packed brown sugar
¼ cup milk
1¾ to 2 cups icing sugar (sifted)

Melt butter, add brown sugar and cook over low heat 2 minutes, stirring constantly. Add milk and continue to cook and stir until mixture comes to a boil. Remove from heat and cool. Add icing sugar gradually until right consistency to spread.
Good on spice cake or boiled raisin cake.

Vivian Cameron (West 48B).

NEVER FAIL FLUFFY ICING

2 egg whites
1 cup brown sugar
½ teasp. cream of tartar
3 tbsp. cold water

Combine in double boiler and place over rapidly boiling water and beat exactly 4 minutes with electric beater. Remove from stove and add vanilla.

Donna Arason (Baldwin '50).

CHOCOLATE ICING

1 egg, beaten
¼ cup milk
1 cup icing sugar
2 sq. melted unsweetened chocolate
butter (or marg.) size of an egg

Beat egg, add milk and icing sugar. Put in fridge for 15 minutes. Melt chocolate and butter together and cool slightly.
Combine egg mixture and chocolate. Beat until stiff enough to spread. Don't overbeat.

Flora Mitchell (Smith 55A).

CRUNCHY CAKE TOPPING

3 tbsp. butter
½ cup brown sugar
4 tbsp. cream
2/3 cup cornflakes
½ cup nut meats if desired

Melt butter—add brown sugar and cream. Crush cornflakes and add with nuts to creamed mixture. Spread mixture over baked cake. Brown in oven.

Lorraine La Lier (Holman 55A).

SLICES

PEANUT BUTTER SQUARES

½ cup brown sugar
½ cup corn syrup

Melt well in double boiler and cool. Add—

1 cup peanut butter
1 teasp. vanilla
2 cups cornflakes
1 cup rice krispies

Press into pan and top with Maple Cream Icing

Maple Cream Icing

1 cup brown sugar
1 tbsp. corn syrup
3 tbsp. cream
1½ tbsp. butter

Bring to a boil till sugar is dissolved and add icing sugar to thicken.

Thelma Cole (Dawson 53B).

PECAN BARS

¼ cup butter
1 cup brown sugar
1 egg
1 teasp. vanilla
½ cup cake flour
¼ teasp. salt
1 teasp. baking powder
½ cup chopped pecans

Blend butter, sugar and egg. Beat well and add vanilla and dry ingredients which have been sifted together.
Mix well and add nuts. Spread in an 8 x 8 pan and bake in moderate oven until firm and light and pulled away from sides. Let cool 5 minutes and cut.

Thelma Cole (Dawson 53B).

MARSHMALLOW SQUARES

5 cups Rice Krispies
¼ cup butter
½ lb. marshmallows

Melt butter in 3 qt. saucepan. Add marshmallows and cook over low heat stirring constantly until marshmallows are melted and blended. Remove from heat, add rice krispies and stir until well coated. Press into 13/9 pan and cut into squares when cool.

Agatha Petkau (Froese 50A).

MARSHMALLOW SLICE

Crust

½ cup butter
2 teasp. white sugar
1 cup flour
pinch of salt

Mix, press in 9 x 9 pan and bake at 350° for 10 - 15 mins.

Filling

1½ envelopes gelatin
1 cup white sugar
pinch of salt
1 cup water

Combine, boil slowly 10 minutes. Remove from heat and add—

1 cup icing sugar
1 teasp. vanilla
½ teasp. lemon juice
½ teasp. almond flavoring

Beat with electric mixer until fluffy. Add 1 teasp. baking powder and food coloring. Whip until it stands in peaks. Pour over baked crust and sprinkle with coconut or chocolate pieces. Keep covered with lid or foil or saran. Cut with wet knife.

Betty-Anne Turnbull (Dahl 57B).

LEMON CHEESE SQUARES

1 cup flour
1 teasp. baking powder
½ cup butter
1 egg
pinch of salt

Mix and put these ingredients into 9" square pan. Cover with lemon cheese and top with the following:

1 egg
1 cup sugar (scant)
¼ cup butter
2 cups coconut

Bake in moderate oven 30 minutes.

Lemon Cheese

1 cup white sugar
juice of 2 lemons
¼ cup butter
2 eggs, well beaten

Mix together. Cook in double boiler until thick.

Doreen Stephenson (Carr 1950A).

LEMON SQUARES (UNBAKED)

16-20 Graham Wafers
1 can Eagle Brand Condensed Milk
½ cup lemon juice
1-2 cups fine coconut

METHOD: Arrange whole Graham wafers in bottom of square pan 8 x 8. Combine milk, lemon juice; mix well, stir until thick and smooth. Add coconut.

Place on top of Graham Wafers. Cover with another layer of wafers. Ice with chocolate butter icing. Refrigerate.

Muriel Seddon (Delf 54B).

MARBLE BROWNIES

1/3 cup butter
1 cup sugar
2 eggs
1 cup sifted all-purpose flour
½ teasp. baking powder
½ cup cocoanut (finely cut)
1 teasp. vanilla
2 (1 oz.) squares melted unsweetened chocolate

Preheat oven to 350° F. Cream butter and sugar. Add eggs and beat well. Measure flour and baking powder into wax paper. Stir to blend—stir into creamed mixture. Stir in cocoanut and vanilla.

Drop half of batter by spoonfuls into greased 8″ x 8″ pan. Add melted chocolate to remaining batter—drop by spoonfuls into pan. Using knife cut through batter to give marbled effect.

Bake at 350° for 20 minutes or longer. When cool, frost with chocolate icing. I prefer to use cocoa (2½ tbsp. cocoa and 1 tbsp. butter = 1 sq. chocolate) rather than the bitter chocolate) for the icing.

Connie Dole (Mathews 45B).

VINARETERTA (PRUNE SLICE)

1 cup butter
1½ cups sugar
2 eggs
1 teasp. baking powder
4 cups flour
3 tbsp. cream
1 teasp. vanilla

Cream butter, add sugar gradually, then eggs one at a time beating hard. Add a little of the sifted flour and baking powder to the first mixture. Add vanilla and cream and work in as much flour as possible.

Knead in remaining flour. Divide the dough into 5 or 6 equal parts and put each into 9 inch greased layer pan. Bake in moderate oven (375°) until each layer is a delicate brown. Put together with prune filling.

Prune Filling

1 lb. prunes
½ cup sugar
½ cup prune juice
1 tbsp. cinnamon
1 tbsp. vanilla

Soak prunes, cook until tender. Stone and put through food chopper. Add sugar, cinnamon and ½ cup water in which they were cooked. Bring to a boil. Remove from fire. Add vanilla. Cool, then spread between layers.

This cake can be iced with butter icing.

Lorraine Bloomer (Laxdal 47B).

MOCHA BARS

½ cup butter (beat until creamy)
1 cup sugar

Add to above:

1½ cup flour
1 teasp. baking powder
½ teasp. salt

Add and beat until fluffy (2 minutes):

1 teasp. vanilla
2 oz. bitter chocolate, melted
2 eggs

Spread in a jelly roll pan which was well greased and floured.

Topping

2 egg whites
pinch of salt
(beat until stiff)

Add 1 cup light brown sugar slowly. 1 teasp. powdered coffee. Fold in 1 cup nut meats, ½ cup coconut. Pour over top. Bake 325°—30 - 35 minutes. Cut into bars.

Doris E. Nicol (Edwards 1941).

CHERRY CHEW

Bottom

1 cup flour
1 teasp. soda
1 cup oats
½ cup margarine
1 cup brown sugar

Grease a 9″ square pan. Sift, then measure flour, add soda, sift again. Add remaining ingredients and cut margarine into mixture until it resembles fine crumbs. Press into pan. Bake 10 minutes at 350°.

Top

1 cup brown sugar
glazed cherries
2 eggs
walnuts
½ cup coconut

Beat the eggs, gradually beat in brown sugar. Fold in coconut and cherries. Sprinkle walnuts over top. Bake 20-25 minutes at 350°.

Joyce McLeod (Killey 55A).

SUPER SQUARES

1 cup butter
1¾ cups flour
5 tbsp. brown sugar

Blend together and pat into 8 x 10 pan. Over top spread:

1 cup seedless raisins
½ cup glazed cherries
½ cup walnuts
1 can Eagle Brand milk
½ cup dates, cut fine

Bake 300° for 1 hour. Watch and cover with foil if browning too quickly.

Thelma Cole (Dawson 53B).

GRAHAM WAFER SLICE

1 cup brown sugar
1 cup crushed Graham wafers
½ cup margarine
½ cup milk
1 cup crushed walnuts
1 cup dessicated cocoanut
a few chopped cherries

Line a 9 by 9 pan with Graham wafers. Bring the first three in-

gredients to a boil and add the remaining ones. Spread mixture quickly over wafers in pan and press another layer of wafers on top. Ice with butter icing.

Janice Dixon (Wilson 56B).

RAISIN SQUARES

2 cups raisins
1½ cups boiling water
¾ cup sugar
3 tbsp. flour
1 teasp. lemon juice

Crust

1 cup flour
1 teasp. salt
1 cup brown sugar
2½ cups rolled oats
1 cup shortening

Boil raisins for 5 minutes. Add flour and sugar and cook until thickened. Add lemon juice and cool mixture.

Mix crust until crumbly. Put half into 9 x 13 pan. Spread raisin mixture and add remaining crumbs to the top. Bake 45 - 50 minutes in 350 degree oven. Cut in squares when cold.

Lorraine Bloomer (Laxdal 47B).
E. Rusk ('38).

RAISIN SLICE

2 cups flour
1 cup butter
¼ cup white sugar

Mix and pat into bottom of 9 x 13 pan.

Filling

3 eggs, beaten
2 cups brown sugar
1 cup raisins
¾ cup cocoanut
1 teasp. vanilla
1 teasp. baking powder
3 teasp. flour
pinch of salt

Bake at 375°—½ hour. May be iced with butter icing if desired.

Donna Arason (Baldwin '50).

NUT AND RAISIN SPICE BARS

¾ cup soft shortening (part butter)
1½ cups sifted flour
2 teasp. baking powder
¼ teasp. salt
1 teasp. cinnamon
½ teasp. nutmeg
½ teasp. allspice
½ cup granulated sugar
2 eggs, well beaten
¼ cup light molasses
½ cup chopped nuts
1 cup seedless raisins
6 tbsp. milk

Grease and lightly flour a 9 x 12 inch cake tin. Sift together the dry ingredients.

Cream shortening and butter until fluffy, gradually add sugar, then the beaten eggs. Beat well. Add molasses, nuts and raisins. Blend well. Add dry ingredients and milk combining thoroughly. Spread in pan and bake at 350° F 20 to 25 minutes. When cool, frost with the following:

¼ cup soft butter
2 cups icing sugar
2 teasp. grated orange rind
½ teasp. lemon extract
3 tbsp. orange juice

R. Rushton '58B.

FOOD FOR THE GODS

16 Graham wafers—crushed
1 cup brown sugar
1 cup crushed walnuts or cocoanut
1 cup chopped dates
2 eggs

METHOD: Mix in order given. Bake 30 minutes in moderate oven until light brown. Ice with butter icing. 8 x 8 slice pan.

V. Pearce (Benson '48).

PINEAPPLE SLICE

1 cup flour
½ cup butter or margarine
1 egg
1 teasp. baking powder
1 tbsp. milk

METHOD: Mix together and spread in bottom of 8 x 8 greased pan. Drain and put in 1 tin crushed pineapple.

Topping

1 cup sugar
1 egg
2 cups cocoanut
1 teasp. vanilla
2 tbsp. butter

Mix and spread over pineapple. Bake in moderate oven (350°) ½ hour.

V. Pearce (Benson '48).

UNBAKED CHOCOLATE CAKE

½ cup butter
¾ cup chopped nuts
1 cup white sugar
1 egg (beaten)
2 heaping teasp. cocoa
1 teasp. vanilla
12 double Graham wafers, rolled fine

Put butter in saucepan and add sugar, cocoa and beaten egg. Bring to boil and simmer 1 minute. Add vanilla, nuts and crumbs. Pour into greased 8″ x 8″ pan. Ice with chocolate icing. Keep in fridge.

Gail Melville (Whitehead 1954A).

HEAVENLY BARS

½ cup butter or shortening
3 tbsp. sugar
1½ cups flour

Cream these together adding the flour. (Shortbread base.) Bake 350° about 20 - 25 minutes. Cool and top with following:

1 cup raisins
1 cup dates
1¼ cup cold water
1 teasp. vanilla
½ cup brown sugar
1 tbsp. corn starch

Cook all together in saucepan 'til thick—about 10 minutes. Cool. Spread over base and ice.

Icing

½ cup soft butter or margarine
¾ cups sifted icing sugar
4 tbsp. cold milk
4 tbsp. boiling water
1 teasp. vanilla

Mix with electric beater and beat until stiff—then put over filling. Keeps best in refrigerator.

Ruth Shepherd (Campbell 57B).

MARSHMALLOW ROLLS

1 pkg. colored marshmallows
4 sq. semi-sweetened chocolate
4 tbsp. butter
1 egg
1 cup icing sugar
1 teasp. vanilla
cocoanut to roll them in

METHOD: Melt chocolate and butter together. Mix well, add egg and icing sugar and vanilla. Beat until creamy. Add marshmallows. Form into 3 rolls. Roll in cocoanut. Refrigerate.

Dorothy Steele (Ohm 55A).
Lesley Price (Ridings 57A).

BROWNIES

½ cup shortening
2 oz. chocolate
¾ cup flour
½ teasp. baking powder
¾ teasp. salt
2 eggs
1 cup sugar
1 teasp. vanilla
1 cup chopped nuts
2 teasp. corn syrup (optional)

Beat eggs, add sugar. Add shortening and chocolate, melted together. Stir in sifted dry ingredients, then nuts. Bake at 375° for 30 minutes.

Dorothy Steele (Ohm 55A).

GRAHAM WAFER CAKE

1¼ cups sugar
30 Graham wafers (crushed)
1½ teasp. baking powder
3 tbsp. flour
4 tbsp. melted butter
1 egg
1 cup milk
1 cup dessicated coconut

Cream butter and sugar. Add egg and beat. Mix in dry ingredients. Bake at 350° about 40 minutes.

Icing

3 tbsp. cream
3 tbsp. butter
1 cup brown sugar

Boil 3 minutes. Beat 3 minutes.

Shirley Seddon (Dunn 50B).
Gladys Schmidt (Heschel 1951).

BRIDGE DAINTIES (UNCOOKED)

20 Graham wafers rolled fine)
10 colored marshmallows (cut fine)
1½ cups chopped dates
1 cup chopped walnuts
½ tin sweetened condensed milk
½ cup cherries, chopped (add last)

Mix thoroughly, mould into rolls in the crumbs on the wax paper, let stand over night in the refrigerator. When ready for use slice with a knife dipped in hot water.

If this mixture is rolled into 2" rolls they can be sliced ½" thick, topped with whipped cream and a cherry used as a dessert.

Doreen Stephenson (Carr 50A).

DAD'S COOKIE SLICE

1 package Dad's Coconut Cookies rolled thin. Mix with ¼ cup butter or margarine. Line pan with wax paper or foil and press in 2/3 crumbs. Bake at 350° for 10 minutes.

Filling

3 squares semi-sweet chocolate
½ cup margarine or butter

Melt in top of double boiler. Add—1½ cups icing sugar, 1 egg, 1 teasp. vanilla, ½ cup chopped nuts. Pour this mixture over crust. Sprinkle with remaining crumbs and refrigerate.

Betty-Anne Turnbull (Dahl 57B).

COOKIES

Not only do the children
Rush to the cookie jar,
But in between times you will
Also find there Ma and Pa.

BUTTER BUDS

2 eggs
2 cups brown sugar
1 cup butter
2 tbsp. hot water
1 teasp. vanilla
dash of salt
2 teasp. baking powder

Flour enough to make a stiff dough. Form in a small ball. Press with a fork and bake in hot oven.

Laura Olafson (Frederickson 1938).

CHOCOLATE WAFER COOKIES

1 cup tenderflake lard or ¾ c. lard and ¼ c. butter
½ cup brown sugar (packed)
½ cup white sugar
1 egg
2 cups flour
1 teasp. baking soda
1 teasp. cream of tartar
1 teasp. salt
vanilla
1 pk. chocolate wafers

Drop by ½ teasp. on cookie sheet. Put a chocolate wafer on each and bake 350°—12 - 15 minutes.

Dorothy Steele (Ohm 55A).

CHOCOLATE SUNDAE COOKIES

2/3 cup brown sugar
½ cup shortening
1 egg
1½ cups flour
½ teasp. soda
½ teasp. salt
¼ cup marashino cherry juice
2 tbsp. milk
2 squares melted unsweetened chocolate
½ cup walnuts
¼ cup marashino cherries, cut up

Drop on ungreased baking sheet. Bake at 350° for 10 - 15 minutes. Cut 18 marshmallows in half. Place cut side down on hot cookies. Frost with chocolate icing.

B. Darrach (Coulthard 50B).

PECAN TREATS

1 cup butter
½ cup confectioners sugar
1 tbsp. cold water
1 teasp. vanilla
2 cups sifted flour
1 cup pecans

Mix well. Refrigerate until hard. Pinch off small pieces — form into ball. Bake 350°—18 minutes. Roll in powdered sugar.

Doris E. Nicol (Edwards 1941).

MERINGUES

2 egg whites
pinch of salt
¼ teasp. cream of tartar
¾ cup white sugar
1 cup chocolate chips
1 cup chopped nuts

Cream egg whites, salt and cream of tartar until whites are very stiff. Add sugar gradually. Add chips and nuts.
Pre-heat oven to 350° F. Drop by spoonful on lined cookie sheets. Turn off oven and leave overnight. *Don't peek.* Makes 4 dozen.

Sue McIvor (Kakamasu 50B).

SWEDISH COOKIES

½ cup butter or margarine
¼ cup granulated sugar
1 egg yolk
1 cup flour
¼ teasp. salt
1 egg white (unbeaten)
¾ cup finely chopped walnuts or Brazils
½ teasp. vanilla
jelly

Blend butter and sugar. Add vanilla. Add egg yolk and beat well. Sift in flour and salt and blend thoroughly. Shape dough in small balls. Dip in unbeaten egg whites and roll in nuts. Place on ungreased cookie sheet. Make an impression with thimble in top. Bake at 375° from 12 - 15 minutes. Remake impressions after 10 minutes of baking. Remove from cookie sheet immediately and place ½ teasp. of jelly in the centre.

Edna Couling (Sample 53B).

FILBERT BALLS

½ lb. filberts put through food chopper
1 cup lightly packed brown sugar
pinch of salt
2 unbeaten egg whites
1 teasp. salt

Combine all ingredients thoroughly and shape as 36 balls. Place on greased pan. Slip into moderately hot oven 375° and immediately turn oven off. Let bake for 20 minutes.
May be dipped in semi-sweet chocolate when cold.

Doris E. Nicol (Edwards 1941).

CRISPY CRUNCHES

1 cup shortening
1 cup white sugar
1 cup brown sugar
2 eggs
1 teasp. vanilla
2 cups flour
½ teasp. salt
½ teasp. soda
1 cup rolled oats
½ cup chopped walnuts
½ cup cocoanut
1 cup Rice Krispies

Drop on ungreased cookie sheet. Bake 10 - 15 minutes at 375°. Yield —8 dozen.

Norma Hodgkins (Perrin '43).

CHERRY WINKS

Sift together:
2¼ cups cake flour
1 teasp. baking powder
½ teasp. soda
½ teasp. salt

Add:
1 cup nuts
1 cup dates
½ cup cherries
Combine:
¾ cup shortening
1 cup sugar—cream well
Blend in:
2 eggs
2 tbsp. milk
1 teasp. vanilla

Blend in dry ingredients and mix well. Shape into balls and roll in crushed corn flakes and place on greased baking sheet. Top each cookie with ¼ cherry. Bake in moderate oven 375 degrees for 10-12 minutes. Yield—5 dozen.

Mary Wasio (51A).

HERMITS

Cream:
1 cup butter
1½ cups brown sugar
Beat until light.
1/3 cup honey
1 teasp. vanilla
3 eggs

Add:
2 cups flour
½ teasp. salt
½ teasp. soda
1 teasp. baking powder
1½ teasp. cinnamon
1 teasp. nutmeg
½ teasp. cloves
Then add:
½ cup candied cherries
½ cup candied fruits
½ cup nut meats
1 cup dates
1 cup raisins
½ cup whole wheat flour

Pinch off small pieces—put on greased pan. 375°—8 - 10 minutes.

Doris E. Nicol (Edwards 1941).

PERKINS

1½ cups flour
1¼ cups rolled oats
1¼ cups sugar
¼ cup butter
1/3 cup shortening
½ teasp. cinnamon
¼ cup corn syrup
1 egg
salt (pinch)
2 teasp. baking soda
1 teasp. ginger
½ teasp. allspice

Cream butter and shortening, and add sugar and cream mixture. Add syrup and remaining ingredients. Roll into balls and press out with fork. Bake at 350° F. until done.

J. Lyon (Mensforth 56A).

FRUIT SUGAR COOKIES

1 cup butter or margarine
5 tbsp. fruit sugar
2 teasp. vanilla
2 cups flour
pinch of salt
¾ cup ground walnuts

Cream butter and sugar, add vanilla. Add sifted dry ingredients and walnuts. Roll in cylinders and chill. Slice ¼" thick. Bake at 300° for 25 minutes. Remove from pan and roll in fruit sugar.

Margaret Sawatzky (Currie 50B).

PINEAPPLE DROP COOKIES

1½ cups flour
2 teasp. baking powder
½ teasp. salt
1/3 cup butter
2/3 cup sugar
2 eggs
½ cup crushed pineapple
½ cup chopped walnuts
½ teasp. vanilla

Cream butter and sugar then add eggs. Stir in pineapple and nuts then add flour mixture. Bake 10 - 12 minutes in 375 degree oven.

E. Rusk, 1938.

CHOCOLATE NOODLE COOKIES

1 large pkg. chocolate chips
1 pkg. caramel chips
1 tin Chow Mein noodles
Special K cereal (twice quantity of noodles)

Melt chips in double boiler, then add noodles and Special K. Drop in spoonfuls on wax paper.

Velda Currie (Doty 50B).

MARSHMALLOW ROLL

4 squares semi-sweet chocolate
3 tbsp. butter
24 marshmallows—cut in 4
1 egg
1 cup icing sugar
½ cup nuts

Melt chocolate and butter together. Add remainder of ingredients. Form a roll and roll in coconut. Refrigerate.

Edna Couling (Sample 53B).

RAISIN DROP COOKIES

2 cups raisins
1 cup water
2 cups sugar
1 cup shortening
1 teasp. vanilla
3 eggs
4 cups flour
1 teasp. salt
1 teasp. baking powder
1 teasp. cinnamon
¼ teasp. nutmeg

Boil raisins and water together 5 minutes, cool and then add 1 teasp. soda. Cream shortening, sugar, eggs and vanilla. Sift dry ingredients and add to egg mixture alternately with boiled raisins. Bake at 400 deg. for 12 - 15 minutes.

Janice Dixon (Wilson 56B).

TEA PARTY BARS

1 cup sifted flour
1 teasp. baking soda
1/3 cup butter
1 cup brown sugar
½ cup cocoanut
½ cup rolled oats

Mix together all ingredients and press into bottom of 8" pan. Top with the following mixture:

½ cup butter
½ cup brown sugar
2 eggs, well beaten
½ cup walnuts
1 cup seedless raisins
½ teasp. vanilla

Cream butter and sugar, add eggs and remaining ingredients. Spread over bottom layer. Bake 350° for 40 - 50 minutes. Cool.

Mildred Dayton (Cassie 1950A).

MELTING MOMENTS

2 cups flour
½ lb. butter
2 rounded tbsp. icing sugar

METHOD: Rub flour and butter together till fine—add icing sugar and knead until fluffy. Roll in balls and pinch into shapes like maple buds.
Cook 300° for approx. 15 minutes—very pale.

Icing

4 tbsp. butter
1½ cups icing sugar
cream
salt
1 teasp. vanilla

Color icing and put between cookies.

Jean Lowman (Wallace '40).

DATE FILLED OATMEAL COOKIES

½ cup butter
½ cup shortening
½ cup white sugar
½ cup brown sugar
1 egg
1 cup flour
½ teasp. baking soda
1 teasp. cream of tartar
½ teasp. salt
pinch of nutmeg
3 cups Quick Oats

Combine butter and shortening, blend thoroughly, add white and brown sugar, creaming until fluffy. Add egg, beat lightly into mixture. Combine flour, baking soda, cream of tartar and salt. Sift together then sift into mixture. Mix well, add nutmeg, lastly the Quick Oats. Mix thoroughly. Roll out on floured bakeboard, cut with cookie cutter. Bake 400° oven approx. 10 minutes. When cool put together in pairs with date filling.

Date Filling

1 cup chopped dates
4 tbsp. brown sugar
½ cup water

Combine and cook for 3 minutes or until consistency of jam, stirring occasionally. Remove from heat and allow to cool.

Joan Thompson (Smith '41).

PECAN COOKIES

½ lb. butter
4 tbsp. (rounded) icing sugar
(mix well)

Add: 1 teasp. water, 1 teasp. vanilla—mix well. Gradually add: 2 cups flour, 1 cup chopped pecans.

Roll into balls, press with a fork and roll in fruit sugar. Bake at 325° until slightly golden.

Karen Dunn (Turner 61A).

CHRISTMAS DROPS

¾ cup fat (butter and shortening)
2 cups brown sugar
2 eggs
2 tbsp. milk
½ teasp. baking soda
2 cups pre-sifted flour
1 teasp. baking powder
½ teasp. salt
1 teasp. vanilla
¼ cup pre-sifted flour
1 cup chopped dates
1 cup chopped nuts
crushed cornflakes

Cream fat with sugar gradually. Add eggs and beat well. Combine baking soda and milk. Stir flour, baking powder, and salt together and add alternately with milk mixture. Add vanilla. Dredge dates and nuts with ¼ cup flour and add to dough; mix thoroughly. Shape into tiny balls and roll in crushed cornflakes. Bake on a greased cookie sheet in a moderate oven (350° F.) 10 minutes or until golden brown. Yield: 6 dozen.

Tina Funk (56A).

BUTTERSCOTCH CRUNCHIES

2 pkgs. butterscotch chips
6 tbsp. peanut butter
6 cups cornflakes

Melt chips and peanut butter in double boiler. Mix with cornflakes. Drop by teaspoonfuls on wax paper. Cookies will harden in five minutes. Makes 5 dozen.

Lesley Price (Ridings 57A).

PUDDING MIX COOKIES

1 cup flour
1 teasp. baking soda
1 teasp. baking powder
¼ teasp. salt
¾ cup butter or margarine
½ cup sugar
1 egg, beaten
1 cup rolled oats
1 pkg. pudding mix (caramel, chocolate or butterscotch)

Sift together dry ingredients, cream butter, sugar and pudding mix until light and creamy. Add egg. Stir in dry ingredients and oats. Form into small balls and place on baking sheet. Bake at 375° for 10 - 12 minutes.

Agathe Petkau (Froese 50A).

CUSTARD COOKIES

1½ cups margarine
2/3 cup icing sugar
3 cups flour
6 tbsp. custard powder

Mix above ingredients together. Roll very thin, cut with cookie cutter and bake in 350° oven 8 minutes. When cool put together with icing.

Colleen McLeod (Hopper 1955A).

HONEY SNAPS

½ cup honey
½ cup butter
½ teasp. almond flavor
½ teasp. baking soda
1¾ cups sifted flour

Boil honey and butter for one minute, cool, add remaining ingredients, mix well. Chill dough 2 - 3 hours.
Roll to ⅛ in. thickness. Cut in variety shapes and decorate. Bake 350° for 12 - 15 minutes.

Agathe Petkau (Froese 50A).

SHORTBREAD

Pre-heat oven to 300°.

1 lb. butter (soft)
1 cup brown sugar

Cream these ingredients well.

4 cups flour (ordinary)
½ cup rice flour

Add gradually to first mixture. Knead well, long as you want to until it looks like putty. Bake until pale golden color. Bake on ungreased cookie sheet. Prick centers with tines of fork.
If using electric mixer, add flour on slow speed and mix just until all flour is absorbed. Mixture will look like putty. Roll out small amount at a time and use up your cuttings as you go.

Marguerite Gregory (Hayward 48A).

SHORTBREAD

1 lb. butter
1 cup icing sugar (sift 5 times)
4 cups flour (sift 3 times)

Cream butter, gradually add dry ingredients. Knead for five minutes. Roll out and cut into desired shapes.
Cook 30 minutes in 300° oven.

Lorraine La Lier (Holman 55A).
Helen Borthwick (Bollenbach 50A).

SHORTBREAD

15 oz. butter
¾ cup brown sugar
4 cups flour

Cream butter and sugar—add flour. Blend well until the dough cracks slightly. Form dough into rolls — 1″ in diameter. Chill thoroughly. Cut into pieces 1/3″ thick. Bake in slow oven (275° F.) until firm and lightly coloured. Yield: 50 shortbreads.

T. Funk, 56A.

ALMOND COOKIES

1 cup butter
½ cup white sugar
½ cup brown sugar
1 egg, unbeaten
½ teasp. almond extract
¼ cup chopped almonds
2 teasp. cream of tartar
1 scant teasp. soda
2½ cups flour
1/3 teasp. salt

METHOD: Cream shortening, add unbeaten egg, beat well, add flavoring, nuts and sifted dry ingredients.
Make into ball size of marbles and flatten with folk and put half of almond on each. Bake 325° to 350° for 12 minutes. Makes 80.

Margaret Moore, '43.

GINGER SPARKLERS

¾ cup butter
1 cup brown sugar
¼ cup molasses
1 egg
1 teasp. cinnamon
1 teasp. ginger
½ teasp. cloves
½ teasp. salt
2 teasp. baking soda
2 cups flour

Cream butter and sugar. Add egg and molasses. Sift dry ingredients and stir into creamed mixture. Shape into small balls, roll in white sugar and place 2″ apart on greased sheet at 375° for 8 - 10 minutes.

Thelma Cole (Dawson 53B).

PEANUT WHIRLS

½ cup shortening
½ cup peanut butter
1 cup sugar
1 egg
1¼ cups flour
½ teasp. salt
½ teasp. soda
2 tbsp. milk
1 pkg. (6 oz.) chocolate bits (sweetened)

Cream—shortening, peanut butter, sugar, egg and vanilla. Measure—flour, salt, soda. Stir thoroughly to blend. Add—dry ingredients alternately with milk to the creamed mixture. Blend well. Roll out cookie dough on floured cloth covered board to ¼ inch in thickness. Melt—chocolate bits over hot water and cool slightly. Spread on rolled cookie dough. Roll up lengthwise, jelly roll fashion, and chill for ½ hour. (Do not allow dough to chill longer than ½ hour). Slice with a sharp knife into thin slices (⅛ inch thick. Place on ungreased baking sheets.
Bake at 350° F. (moderate) for 8 - 10 minutes. Yield—5-6 dozen.

Georgina Johnson (Hall 57A).

PEANUT BUTTER CRISPS

1 cup margarine
½ cup peanut butter
½ cup sugar
½ cup brown sugar
1 egg
1 teasp. vanilla
1 1/3 cup flour
1 cup cornflake crumbs

Blend peanut butter and margarine and sugars. Add egg and vanilla. Beat well. Stir in flour. Shape dough into small balls and roll in crumbs. Place on greased cookie sheet. Bake at 350° for 15 minutes.

Shirley Seddon (Dunn 50B).

PEANUT BUTTER CRISSCROSSES

1 cup shortening
1 cup white sugar
1 cup brown sugar
1 teasp. vanilla
2 beaten eggs
1 cup peanut butter
3 cups sifted flour
2 teasp. soda
dash of salt

METHOD: Thoroughly cream shortening, sugars and vanilla. Add eggs. Beat well. Stir in peanut butter. Sift dry ingredients, stir into creamed mixture. Form into tiny balls; place on ungreased cookie sheet. Press with fork to make crisscrosses.
Bake at 375° for 10 minutes. (Dough may be rolled and cut too.)
Yield: 8 dozen.

Lorraine La Lier (Holman 55A).

PEANUT BUTTER COOKIES

1 cup shortening
2 cups brown sugar
2 eggs
1 teasp. sour milk
1 cup cornflakes
1½ cups rolled oats
2 cups flour
½ teasp. cream of tartar
1 teasp. baking soda
1 teasp. salt
1 teasp. vanilla
1½ cups salted peanuts (chopped)

Cream shortening and sugar, add eggs and milk, then dry ingredients. Drop by teaspoonfuls onto greased sheet. Flatten and bake 12 - 15 minutes at 350°.

Thelma Cole (Dawson 53B).

ORANGE COOKIES

2/3 cup butter
1½ cups sugar
2 eggs, well beaten
4 tbsp. orange juice
½ teasp. almond flavoring
3 cups flour
3 teasp. baking powder
½ teasp. salt
1 cup raisins
1 teasp. water

Cream butter and sugar, eggs, orange juice and rind. Add dry ingredients and raisins. Bake 400° oven.

Ruth Diehl (Ferguson '44).

BASIC REFRIGERATOR COOKIE DOUGH

2/3 cup butter
1 cup brown sugar
1 egg
1 teasp. vanilla
2 cups flour
¼ teasp. salt
½ teasp. baking soda

Cream butter, gradually add brown sugar and cream well. Add egg, vanilla and beat well. Mix flour, salt, baking soda. Stir into batter. Use dough as is, or add any variation desired, i.e.
Orange—Add ½ tbsp. orange rind.
Chocolate — 1 square melted unsweetened chocolate and 4 tbsps. chopped nuts.
Lemon Coconut—add 1 teasp. lemon extract and 2 tbsp. shredded coconut.
Almond—Add ½ teasp. almond extract. Before baking top each cookie with blanched almond.
Shape finished dough into long rolls about 2″ in diameter. Cover with wax paper and chill until hard (about 1 - 2 hours). Slice thinly, place on ungreased cookie sheet. Bake at 350° for 8 - 10 minutes.

Lorraine Bloomer (Laxdal 47B).

MEXICAN WEDDING CAKES

1 cup butter
½ cup fine fruit sugar
2 cups flour
½ teasp. salt
1 teasp. vanilla
1 cup chopped nuts

Cream butter, add sugar gradually. Add flour and salt, then knead in chopped nuts and vanilla. Chill dough for 1 hour. Break off pieces the size of a walnut and form into crescents the length of the forefinger. 350° oven for 15 minutes—roll in icing sugar while still warm.

Sue McIvor (Kakamasu 50B).

OATMEAL COOKIES

Cream:
1 cup margarine
¾ cup white sugar
¾ cup brown sugar
Add:
2 beaten eggs
1 teasp. vanilla
Sift:
1¾ cup flour
½ teasp. salt
1 teasp. baking soda
and add to creamed mixture
Add:
2 cups oatmeal
1 6 oz. pkg. chocolate chips
1 cup nuts (optional)

Drop from teaspoon onto greased cookie sheet. Bake at 350° F. until lightly browned—12 - 15 minutes.

Olga Dueck (Koop 51B).

DESSERTS

But the family still has a question
The meat and potatoes were dandy
The salad just hit the spot;
"For dessert, what've we got?"

HOME-MADE ICE CREAM

Vanilla

1 cup coffee cream or top milk
2 eggs
½ cup sugar
1 cup whipped cream
⅛ teasp. salt
1 tbsp. vanilla

Scald cream or milk in double boiler. Beat eggs until creamy—add sugar, beat well. Add to scalding cream and cook 5 minutes or until mixture coats spoon. Cool on cupboard, then pour into chilled cake pan. Chill to mush—½ hour or so. Don't freeze too hard—still be able to stir. Whip cream until stiff, add salt and flavoring. Fold custard into it and beat well. Put into container and freeze. Beat well with mixer every ½ hour so as to become fluffy while freezing. Will ripen in 2 hours. Yield—6 servings.

Maple Walnut

Use ½ cup brown sugar instead of white, and add ½ cup walnuts crushed fine in a plastic bag with a rolling pin.

Lorraine Harrison (Pottinger 60B).

ICED LEMON FRUIT JELLO

Mix as usual 1 pkg. lemon jello (1 cup boiling water, 1 cup cold water). Add No. 2 can drained crushed pineapple—2 bananas, 24 little marshmallows. Set till firm. Mix together—

½ cup pineapple juice
¼ cup sugar
1 level teasp. corn starch
1 beaten egg

Cook till thick—then cool thoroughly. Fold ½ cup whipped cream into this. Spread over jello. May be made in mold or 8 x 8 pan and cut into squares and served on lettuce.

W. Rutherford (Raeside 50B).

QUICK PUDDING

Cake

1 cup flour
2 teasp. baking powder
½ cup currants, or raisins
½ cup sugar
pinch of salt
¾ cup milk

Sauce

1 cup brown sugar
2 cups boiling water
1 tbsp. butter

Let brown sugar brown in saucepan. Add water and butter. Mix all ingredients for cake batter. Pour sauce over cake batter. Bake 45 minutes at 350°. Put in loaf pan.

Betty-Anne Turnbull (Dahl 57B).

RHUBARB PUDDING

Place 4 cups rhubarb in 8″ x 8″ pan. Add 1 cup white sugar and 1 teaspoon orange rind. Cover with following mixture:

1 cup rolled oats
¼ cup flour
½ cup brown sugar
1/3 cup melted butter

Bake 375°—50 minutes.

Gail Melville (Whitehead 1954A).

L. La Lier (Holman 55A).

APPLE BROWN BETTY

4 apples
sugar and nutmeg to taste
6 tbsp. flour
5 tbsp. brown sugar
2 tbsp. butter

METHOD: Cut apples in small pieces and sprinkle with sugar and nutmeg. Mix flour, brown sugar and butter and pack on top of apples. Bake 350° for 30 minutes. 4 servings.

Anne Stuart (Ferguson 56B).

FOAMY LEMON PUDDING

1 tbsp. butter
3 tbsp. flour
2/3 cup sugar
2 eggs (separated)
1 cup milk
juice and rind of 1 lemon

Cream butter—work in sugar and flour. Add juice and lemon rind, beaten egg yolks and milk. Fold in stiffly beaten egg whites. Pour into buttered dish. Place dish in pan of hot water and bake in 350° oven for 20 minutes.

Anne Stuart (Ferguson 56B).

MARSHMALLOW DELIGHT

juice of 3 oranges and 1 lemon
1 lb. marshmallows
1 pt. whipping cream

Melt marshmallows and add juice. Cool. Beat in cream (not whipped). Chill. Serve with a cherry.

Thelma Cole (Dawson 53B).

SAUCE FOR CHRISTMAS PUDDING

½ cup butter
½ cup white sugar
½ cup brown sugar
2 egg whites, stiffly beaten
½ cup whipped cream

Stir butter and sugar with a little cream in double boiler for 10 minutes. Cool. Fold in whites. Add ½ cup whipped cream when ready to use.

Thelma Cole (Dawson 53B).

BAVARIAN CREAM

Take 2 pkgs. strawberry jello and prepare as directed on package. Allow to chill until almost firm. One box strawberries. If you use fresh strawberries add ½ cup sugar. Frozen strawberries usually have been sweetened.

Add strawberries to jello after pouring off excess juice.

Fold in one pint whipped cream. You can also use lemon jello with a small can of crushed pineapple. Add chopped nuts to this recipe.

Hazel Johnston (Cheetham 1948A).

ORANGE PUDDING

Batter

¾ cup sugar
1 teasp. butter
1 cup flour
1 egg
1 teasp. baking powder
½ cup milk

Place in baking dish.

Sauce

2/3 cup boiling water
1 teasp. butter
¾ cup brown sugar
juice of 2 or 3 oranges

Pour over batter and bake in moderate oven about 30 minutes.

E. Rusk, '38.

TORTE (DESSERT)

3 eggs, beaten
1 cup white bread crumbs
1 cup white sugar
1 cup nut meats
1 teasp. vanilla

Mix all together. Spread thinly in a bake pan. Bake for 30 min.—

350°. Scrape out of pan immediately. Break up—whip 1 cup cream and mix in when ready to serve.

Doreen Stephenson (Carr 1950A).

PLAIN BAKED CUSTARD

2 cups scalded milk
3 eggs
4 tbsp. sugar
⅛ teasp. salt
½ teasp. vanilla

Beat eggs and gradually add sugar, salt and vanilla, and combine with scalded milk. Pour into custard cups or baking dish set in a pan of hot water and poach in a 300° F. oven until firm, or until a knife comes out clean.

R. Rushton, '58B.

EASY RICE PUDDING

2½ cups hot milk
2/3 cups pre-cooked rice
¼ cup sugar
½ teasp. salt
1 teasp. vanilla
1 tbsp. butter
½ cup raisins

Combine all ingredients and pour into 4 cup casserole. Bake at 350° for 45 minutes, stirring after 30 minutes and after removing from oven.

Flora Mitchell (Smith 55A).

CHEESE CAKE

1 lb. cream cheese spread
½ cup sugar
2 eggs
1 teasp. vanilla

Make crust of 2 cups Graham wafer crumbs and ½ cup melted butter. Mix and put into 9" spring form pan. Build up around sides.
Beat thoroughly eggs, cheese, sugar and vanilla. Pour into the crust.
Bake 25 minutes at 375°. Remove and turn oven to 425°. Leave cake out of oven 15 minutes. Mix—

1 cup sour cream
2 tbsp. sugar
1 teasp. vanilla

Spread on top of cake. Return to oven (425°) and bake 10 minutes. When cool top with cherry pie filling.

Olive Taylor (Dinsdale '41).

LEMON FLUFF

1—14½ oz. tin evaporated milk
1—4 oz. pkg. lemon jello
1¾ cup water
¼ cup lemon juice
1 cup white sugar
2½ cups vanilla or Graham wafer crumbs

Chill milk 3 - 4 hours in refrig. Dissolve jello in boiling water. Chill until partially set. Whip until light and fluffy—add lemon juice and sugar. Whip chilled milk and fold into jello mixture. Line bottom of 9 x 13 pan with crumbs. Pour in mixture and top with crumbs.

Valdine Prentice (Sigvaldson '44).

BLUEBERRY TORTE

16 Graham crackers (rolled fine)
½ cup melted butter
½ cup brown sugar
3 tbsp. flour

Mix above and press in 9 x 9 pan.

8 oz. cream cheese
2 eggs
½ cup sugar

Blend and spread over crust. Bake 15 minutes at 375° and cool. Pour 1 can blueberry pie mix over cooled crust. Serve with whipped cream.

Valdine Prentice (Sigvaldson '44).

BUTTERSCOTCH SAUCE

1¼ cups brown sugar
4 tbsp. butter
2/3 cup syrup

Boil until soft ball stage then add ¾ cup thin cream (cereal) and beat. Delicious ice cream topping.

Donna Arason (Baldwin '50).

24 HOUR FRUIT SALAD

2 eggs, beaten
4 tbsp. vinegar
4 tbsp. sugar
2 tbsp. butter

Put in double boiler, stir constantly until smooth. Take from heat and add butter. Cool.

Whip 1 cup cream—add butter mixture. Then add following fruit:

2 cups grapes (halved)
2 cups crushed pineapple
2 cups apples
2 cups marshmallows
6 oz. cherries (halved)

Put in refrigerator for 24 hours.

B. Darrach (Coulthard 50B).
V. Parm (Parend 53B).

GRAHAM WAFER TORTE

Roll out 16 Graham wafers. Mix these crumbs with:

½ cup butter
2 tbsp. sugar
1 tbsp. flour

Dissolve 16 marshmallows in ¼ cup heated milk. Cool this and mix with ½ pint whipped cream.

Place layer of cracker crumbs in 9" cake tin. Next a layer of cream mixture, then a layer of 1 can (large) drained fruit cocktail. Another layer of cream mixture. Top with remaining crumbs. Chill 8 hours—cut in squares.

Ruth Shepherd (Campbell 57B).

JELLO CAKE (DESSERT)

1 pt. salad cream
½ teasp. almond flavoring
¾ cup white sugar

2 pkg. jello, made as directed and fruit may be added. Cool to syrup consistency. Graham wafers, crushed (about ¾ box).

Mix together first three items. In layers, 9 x 9 pan, put Graham wafers, ½ salad cream, Graham wafers, jello, Graham wafers, remainder of salad cream and sprinkle with wafer crumbs. Refrigerate for 24 hours.

Velma Parm (Parend 53B).

PINEAPPLE DESSERT

¾ box Graham wafers (rolled)
½ cup butter
1½ cups icing sugar
1 teasp. vanilla
2 eggs, well beaten
1 can crushed pineapple, drained
½ pt. whipped cream

In 8 by 8 pan put ¼ inch layer of crumbs. Cream butter, add icing sugar, vanilla and eggs. Spread over crumbs, then put pineapple, then whipped cream and top with remaining crumbs. Refrigerate for 6 hours.

Sue McIvor (Kakamasu 50B).

CHERRY DESSERT

40 Graham wafers
2/3 cup butter
2 tbsp. sugar
1 pt. whipping cream or
1 pkg. of Dream Whip
2 cups miniature marshmallows
1 can cherry pie filling

METHOD: Crush Graham wafers, mix with butter and sugar. Pat in large pan 13 x 9. Save 1 2/3 cup of crumbs for top. Whip cream or dream whip and spread over Graham wafers. Add marshmallows—press down with spatula. Add cherry pie filler. Sprinkle 1 2/3 cup Graham wafers on top. Chill in frig. for 24 hours.
Note: This recipe is just as tasty with Dream Whip as with whipped cream.

Alice McLaren (Esler 49B).

STRAWBERRY DELIGHT

8 oz. pkg. vanilla wafers
¼ cup butter
½ cup butter
1 cup icing sugar
½ teasp. vanilla extract
¼ teasp. almond extract
2 eggs
½ cup walnuts or cashews
1 pkg. frozen strawberries
1 cup heavy cream, whipped

METHOD

1st step: Thaw and drain strawberries. Thicken the juice with 1 tbsp. corn starch by heating the strawberry juice and adding the corn starch.
2nd step: Crush vanilla wafers and add ¼ cup melted butter and mix. Press half of this mixture into a 12″ x 8″ pyrex pan.
3rd step: Cream the ½ cup butter and 1 cup icing sugar until light and fluffy. Add eggs one at a time, beating well. Add flavoring. Spread this mixture over crumbs in pyrex pan. Sprinkle with nuts. Next spread on thickened strawberry mixture.
4th step: Whip the 1 cup of heavy cream. Spread on evenly over strawberry mixture. Then sprinkle remaining crumb mixture on top.
Place in fridge overnight. Serves 8 - 12 people.

Tillie Lowe (Bugera 51A).

SHERBET

juice of 2 oranges and
2 lemons
rind of one orange and
1 lemon
1½ cups sugar
(whip with beater)
1 teasp. salt
1 cup milk
½ pt. heavy cream, whipped
2 egg whites, beaten stiff

Freeze to mush. Then take out and whip with egg beater. Return to fridge. Turn your temperature control on fridge to highest point until frozen then reduce temperature.

Anne Stuart (Ferguson 56B).

CHEESECAKE

Crust

¼ cup butter
14 single Graham crackers (crushed)

Filling

½ lb. cream cheese (Philadelphia)
1/3 cup sugar
1 teasp. vanilla
2 eggs

Topping

1 pt. sour cream (salad cream)
½ cup white sugar
½ teasp. vanilla

Melt butter and blend with crumbs. Press firmly over bottom and sides of pan—8″ x 8″. Combine cheese, sugar and vanilla. Add eggs and beat well.
Turn into crumb lined pan. Bake at 350° for 35 minutes or until firm in the centre. Let cake cool in oven with oven door open and heat off. Remove cake when cool. Preheat oven to 425°.
Add sour cream mixture. Bake cake 5 minutes, no longer. Cream congeals when cool. Can be kept in fridge for a week or longer. Best about the 3rd day.

Muriel Springer (Sibbald '46).

CHEESECAKE

34 single Graham wafers
1 tbsp. sugar
¼ lb. butter
1 box lemon Jell-o
1—8 ounce pkg. cream cheese, softened
1 cup sugar
1 can evaporated milk, whipped
1 teasp. vanilla

Dissolve Jell-o in 1 cup boiling water. Cool. Melt butter. Roll wafers fine and mix with melted butter and 1 tablespoon sugar. Save ¼ of mixture for topping, and with remaining ¾ line bottom of pan 9″ x 9″ x 2″. Mix cheese, sugar and vanilla. Cream well. Whip milk (chilled) and add cooled, lemon Jell-o. Add cheese mixture to milk and Jell-o mixture. Pour over wafers. Sprinkle with remaining crumbs. Chill 12 hours. (If the following topping is used ,use all of wafer mixture to line your pan.)

Strawberry Topping

Soften 1½ teaspoons plain gelatin in 2 tablespoons cold water. Prepare 2½ cups fresh strawberries. Slice 1 cup and cook with ½ cup sugar and ¼ cup water for 5 minutes. Strain; immediately stir in gelatin. Add whole berries and chill. When slightly thickened, spread over filling. Chill until set.

R. Rushton, '58B.

CHILLED PEPPERMINT DESSERT

½ cup melted butter (or margarine)
2 cups Graham cracker crumbs
1 cup crushed peppermint sticks
2 cups miniature marshmallows
½ cup chopped walnuts
1 cup heavy cream (whipped)
1 teasp. vanilla

Combine butter and cracker crumbs and press into 9 inch square

pan. Combine crushed candy—marshmallows, and nuts. Add whipped cream flavoured with vanilla. Suread over crumbs. Chill.

Ethelyn Beireis (Goodman 56A).

CHEESECAKE

1½ cups Graham crackers
⅛ lb. melted butter
2 tbsp. sugar
(press in pan)
¾ lb. cream cheese
2 eggs
½ cup sugar
1 teasp. vanilla

Beat cheese, egg yolks, sugar, add vanilla. Fold in stiffly beaten egg whites. Pat in. Bake 375°—20 minutes exactly.

Sprinkle cinnamon, let stand 10 minutes. Spread—1 pt. sour cream, 2 tbsp. sugar, ½ teasp. vanilla. Bake exactly 5 minutes. Decorate with maraschino cherries.

Helen Stewart (Smith '41).

PIES AND PASTRY

Nobody knows
The reason why
But most folks' pet
Dessert is pie.

LEMON CREAM PIE

(A satin smooth lemon pie)

1/3 cup flour
2 tbsp. cornstarch
¾ cup sugar
¼ teasp. salt
2½ cups milk, scalded
4 egg yolks, beaten
½ cup lemon juice
2 teasp. grated lemon rind
3 tbsp. butter or margarine
(yellow food coloring—optional)
baked 9″ pie shell
whipped cream

In heavy saucepan, mix first 4 ingredients. Gradually stir in milk and cook, stirring over medium heat until thickened. Stir small amount of mixture into egg yolks, then combine the two mixtures and cook, stirring, 1 minute. Add lemon juice, rind and butter. Stir in a few drops of food coloring and pour into baked shell. Top with whipped cream.

Bernice McCarthy (62).

LEMON CUSTARD PIE

2½ cup milk
1¼ cup sugar
4 tbsp. cornstarch
3 eggs—separated
½ cup lemon juice
grated rind 1 lemon
one nine inch baked pie shell

Mix together cornstarch and 1 cup sugar. Scald milk and lemon rind in top of double boiler. Gradually add to beaten egg yolks, stirring constantly. Then add slowly the cornstarch and sugar mixture. Return to double boiler and cook until thick (about 20 minutes). Add lemon juice and beat until smooth. Cool slightly, then pour into baked pie shell. Use ¼ cup sugar to beat into egg whites for the meringue.

Jean Tidsbury, '42.

STRAWBERRY CREAM PIE

1 cup sugar
6 tbsp. cornstarch
½ teasp. salt
2½ cups milk, scalded
2 slightly beaten eggs
3 tbsp. butter or margarine
½ teasp. vanilla
1—9 in. baked pastry shell
1 pint strawberries, sliced
1 cup heavy cream, whipped

Mix sugar, cornstarch and salt; gradually add milk and cook in double boiler until thick. Add small amount of hot mixture to eggs; stir into remaining hot mixture. Cook until thick, stirring constantly. Remove from heat; add butter and vanilla. Chill. Pour into cooled baked shell. Cover with strawberries. Chill.
Spread with sweetened whipped cream. Garnish with halved berries.

Lorraine La Lier (Holman 55A).

PECAN PIE

Beat together:

2 large eggs
½ cup sugar
¼ teasp. salt
¼ cup melted butter
¾ cup dark corn syrup

Mix in ¾ cup pecan halves. Pour into unbaked pie shell. Bake at 375° about 40 - 45 minutes. Cool. Serve with whipped cream.

Shirley Seddon (Dunn 50B).

SOUTHERN PECAN PIE

Prepare pastry for one crust pie. Line 9" pie plate.

1/3 cup butter
½ cup firmly packed brown sugar
1 cup light corn syrup
1 teasp. vanilla
3 eggs
1 cup chopped pecans

Cream butter and sugar well. Blend in syrup and vanilla. Add 3 eggs and pecans.
Turn into pastry lined pie plate. Bake in hot oven (450°) 10 minutes and then at 350° for 25 minutes.

Muriel Springer (Sibbald 1946).

BUTTER TARTS

1/3 cup butter
½ cup corn syrup
½ cup brown sugar
2/3 cup raisins
¼ teasp. nutmeg
¼ teasp. salt
2 eggs
2 tbsp. cream

Melt butter, add all ingredients except eggs. Mix thoroughly. Let cool and add beaten eggs.
Fill tart shells and bake in hot oven (400°-450°) for 15 to 20 minutes. If syrupy filling is desired use one egg in place of the two eggs.

M. J. Hamilton, 1941.

CHINESE TARTS

½ cup brown sugar
1 tbsp. butter
1 egg
1 cup coconut
vanilla to taste

Mix all ingredients. Put a spoon of jam or jelly in unbaked tart shells. Top with the above mixture. Bake at 425° 15 - 20 minutes.

Betty-Anne Turnbull (Dahl 57B).

LEMON BUTTER (FOR TARTS, Etc.)

peel of one lemon
juice of two lemons
1 cup white sugar
¼ cup butter
3 beaten eggs

Combine all ingredients and cook in top of double boiler until desired thickness is reached. May be used to fill tarts or as a cake filling or on toast.

Betty-Anne Turnbull (Dahl 57B).

BUTTERSCOTCH PIE OR TART FILLING

1 cup brown sugar
2 tbsp. flour
2 egg yolks
1 cup milk
2 tbsp. butter
1 teasp. vanilla

Cook in double boiler until thick then add butter and vanilla. May be stored in refrigerator up to a week and used as desired for tarts.

Donna Arason (Baldwin '50).

DELICIOUS TARTS

3 eggs
1½ cup white sugar
¼ cup butter
1 cup walnuts (chopped)
1 cup raisins
½ cup cream
vanilla

Mix well—bake in uncooked shell—yield—2 dozen.

Ruth Diehl (Ferguson '44).

PIE CRUST

1 lb. lard
5 cups flour
1 egg
¼ teasp. baking powder
1 teasp. salt

Beat egg slightly. Put in measuring cup. Add 1 tbsp. vinegar. Fill cup up to ¾ mark with water. Mix other 4 ingredients until coarse and add egg mixture.. Keeps in refrigerator. R. M. Schmidt, '62.

TARTS

2 cups flour
2 tbsp. white sugar
pinch of salt
3 teasp. baking powder
1 cup shortening
1 egg
½ cup milk
1 teasp. vanilla

Sift together first 4 ingredients, then add shortening and blend as for pastry. Then add last 3 ingredients which have been combined. Roll out on floured board to ¼ inch—cut in squares, place in lightly greased muffin pans. Fill with strawberry jam. Pinch corners together. Sprinkle with white sugar. Bake at 400° for 10 minutes, then reduce heat to 325° and bake another 20-25 minutes.

Joan Thompson (Smith '41).
Maude Doerksen (Brommell '43).

PUMPKIN CHIFFON PIE

1 tbsp. gelatin
¼ cup cold water
¾ cup brown sugar
1 1/3 cup cooked pumpkin
3 egg yolks
½ cup milk
½ teasp. salt
2 teasp. cinnamon
½ teasp. ginger
½ teasp. allspice
3 egg whites
¼ teasp. cream of tartar
6 tbsp. white sugar
2 baked 9 inch pie shells

Soak gelatin in cold water. Mix together in a saucepan the brown sugar, salt, cinnamon, ginger, allspice, pumpkin, egg yolks and milk. Bring to a boil over low heat, stirring constantly, boil 1 minute. Add soaked gelatin and stir until blended. Cool until partially set. Beat until smooth.
Whip egg whites and cream of tartar until they begin to stiffen, then gradually beat in the sugar, a small amount at a time. Carefully fold pumpkin mixture into this meringue. Put in baked pie shell and chill about 2 hours. May be served with whipped cream sprinkled with cinnamon.

Norma Hodgkins (Perrin '43).

PUMPKIN PIE

1 tbsp. flour
½ teasp. salt
¼ cup brown sugar
¼ cup honey
¼ teasp. ginger, mace and nutmeg
1 tbsp. melted butter
1 cup milk
2 eggs, well beaten
1½ cups pumpkin

Prepare pie shell and place in refrigerator to chill to allow crusting over of the dough before baking. Mix together ingredients using canned or steamed pumpkin.
Bake at 450° for 10 minutes then 325° for remaining time—until firm. Serve with whipped cream.

Beth Darrach (Coulthard '50).

SPICY RICH PUMPKIN PIE

3 cups canned pumpkin
1 cup sugar
1 cup brown sugar
1 teasp. salt
1 teasp. nutmeg
1 teasp. cinnamon
½ teasp. ginger
¼ teasp. cloves
¼ teasp. allspice
4 eggs
¼ cup butter (melted)
1 unbaked 10 inch pie shell

METHOD: Mix together pumpkin, sugar, brown sugar, salt, nutmeg, cinnamon, ginger, cloves, and allspice. Add the eggs slightly beaten with the melted butter. Add to pumpkin mixture and mix well. Pour into the pie shell and bake at 450° for 10 minutes. Reduce heat to 350° F. and bake 40 minutes longer, until the centre is set. Cool.
Frost with whipped cream sweetened with maple syrup and serve with cheese if desired.

Marguerite Gregory (Hayward 48A).

LEMON ANGEL PIE

4 large egg whites
¼ teasp. salt
1 teasp. vinegar
1¼ cups sugar
1 cup whipping cream
2 tbsp. sugar

Beat egg whites until frothy. Add salt and vinegar. Continue beating until stiff. Gradually add sugar about 2 teasp. at a time beating thoroughly after each addition. Continue until all sugar is used up until egg whites are very stiff and glossy. Spread in a well greased floured 9"-10" round pan making edges higher than center. Bake 1 - 1¼ hours at 275°. Cool. Whip cream, add sugar, spread half on cool meringue. Fill with lemon filling — add remaining whipped cream over lemon filling. Garnish with cherries.

Lemon Filling

Beat 4 egg yolks until thick. Gradually add 1/3 cup sugar. Beat in 2 teaspoons grated lemon rind and 3 tablespoons lemon juice. Cook in double boiler until thick (4 - 5 minutes, stirring constantly). Cool.

Muriel Seddon (Delf '54).

LEMON PIE

½ cup cold water
6 tbsp. cornstarch
1½ cups hot water
1¼ cups sugar
1 lemon juice and rind
1 tbsp. butter
¼ teasp. salt
3 egg yolks

Save egg whites for meringue.

M. J. Hamilton, 1941.

APRIL FOOL PIE (FILLING)

2 cups water
1½ cups sugar
2¼ teasp. cream of tartar
25 Ritz biscuits (plain)
a few dabs butter
small amount cinnamon or nutmeg

Mix water, sugar and cream of tartar and bring to a rolling boil. Add 25 plain Ritz crackers *(do not stir)* and let boil for 2 minutes. Pour into pie shell and put a few dabs butter on it. Sprinkle cinnamon or nutmeg over top crust. Bake at 400° F. for 45 minutes. This tastes exactly like apple pie.

Emma Degen ('44).

MINCE CHIFFON PIE

1 envelope gelatin
½ cup water
¼ cup rum
1½ cups prepared mincemeat
3 egg whites
1/3 cup white sugar
⅛ teasp. salt
1 cup whipped cream (½ pt.)
baked pie shell

Sprinkle gelatin on water to soften. Place over low heat stirring constantly until gelatin is dissolved. Remove from heat and stir in rum and mincemeat. Chill in refrigerator until mounds slightly when dropped from a spoon. Beat egg whites until stiff. Beat in sugar and salt. Fold mincemeat gelatin mixture into stiffly beaten egg whites. Fold in whipped cream. Turn into baked pie shell. Garnish with maraschino cherries and flaked filberts or Brazils. Chill until firm.

This is a lovely Christmas dinner dessert. Makes 2—8 inch pies.

Betty-Anne Turnbull (Dahl 57B).

BLUEBERRY ICE BOX PIE

½ cup sifted icing sugar
1—3 oz. pkg. cream cheese
½ pt. whipping cream (beaten)

Cream icing sugar and cream cheese together, add to ½ pint of whipped cream. Put in cooked pie shell.

Top with: 1 can blueberry pie mix to which 1 teasp. lemon juice has been added. Any fruit pie mix or fresh fruit may be used.

Wanda Rutherford (Raeside 50B).

BIRTHDAY PIE

4 egg whites
lemon flavoring or peppermint
4 tbsp. water
½ teasp. salt
2 cups sugar
2 tbsp. vinegar
1 pint whipping cream
chopped nuts and fruit

Beat together egg whites, flavoring, water, salt and sugar until the mixture forms peaks. Add vinegar and beat until stiff. Pour into a pie pan lined with wax paper and bake in 300° oven for one hour. Remove from oven and turn upside down on serving plate. Cover when cool with a topping made of one pint heavy cream whipped and decorate with chopped nuts and sliced cherries or pineapple. Arrange birthday candles and place in refrigerator for 4 hours.

This can be made 2 or 3 days in advance without losing any of its flavor. Can also be frozen and eaten weeks later.

Karen Dunn (Turner 61A).

HUNGARIAN APPLE PIE

6 apples (sliced or diced)
juice and rind 1 lemon
½ cup sugar
½ teasp. salt
1 cup raisins
1 teasp. cinnamon
5 tbsp. Graham wafer crumbs

Line pie plate with pastry. Sprinkle bottom of pie with crumbs. Mix remaining ingredients and fill pie. Top with pastry.

Bake at 425°—15 minutes. Reduce oven to 375° and cook until crust brown and apples cooked—approximately 30 minutes.

Delicious served warm with stiffly beaten whipped cream or ice cream.

M. Tweedie (Russel 50A).

BOSTON CREAM PIE

(1) Make up and bake an 8″ square of sponge, angel, white, gold or silver cake.

(2) Make up according to directions 1 prepared packaged lemon or cocoanut cream pie filling for 1 pie. Cool until very thick but not set. Fold in 1/3 cup chopped nut meats (optional).

(3) Carefully cut out a thin square of cake—leaving a ¾″ border —put cut-out square aside. Scoop out centre of cake to the depth of ½″.

Turn in filling and top with the square of cake. Let stand in cool but not cold place for several hours.

For serving top with unsweetened whipped cream and border with more whipped cream. Serve immediately.

M. Tweedie (Russel 50A).

PINEAPPLE PIE

1 can crushed pineapple
2 cups water
3 eggs
1 cup white sugar
4 tbsp. cornstarch
1 tbsp. butter

Beat eggs, add sugar and cornstarch. Add pineapple, water and butter. Cook over medium heat until thick. Cool slightly and pour into baked pie shell. Serve with whipped cream as garnish.

Phyllis McIntosh (Pollock 51A).

DEEP DISH CHERRY AND APPLE PIE

(Torte type—bake 350° for 1 hour)

Dough

¾ cup oil (mazola)
2 eggs
½ cup white sugar
2½ cups flour
2 teasp. baking powder

Filling

1 tin cherry pie filling
1 tin apple pie filling
1 tin crushed pineapple

Drain pineapple well and add to apple pie filling. Divide dough into 4 parts. Roll dough on wax paper (dusted with flour). Line bottom of 9-13 pan with first layer of dough. Spread ½ cherry pie filling. Another layer of dough (rolled thin). Spread all of the apple and pineapple. Another layer of dough. Spread the other ½ cherry filling. Cover with last layer of dough. Sprinkle top with crushed nuts.

Grace Lazar (Burgess 50A).

SOUR CREAM RAISIN PIE

¾ cup sugar
1 teasp. cinnamon
½ teasp. nutmeg
2 eggs, slightly beaten
1 cup thick sour cream
½ cup seedless raisins
1 teasp. grated lemon rind
⅛ teasp. salt
1—9 inch pie shell, unbaked

Pre-heat oven to 350° F. Line pie plate with unbaked pastry. Flute rim. Beat eggs slightly, add sugar and spices and salt. Stir in cream and lemon rind and raisins. Pour into pie shell. Bake for 50 minutes or until custard is set.

Helen Borthwick (Bollenbach 50A).
June Mattson (Thompson 56A).

CARROT PIE

1 cup sugar
2 cups milk
2 cups carrots (cooked and mashed fine)
4 eggs
1 teasp. cinnamon
1 teasp. ginger
1 teasp. nutmeg
¼ teasp. salt

Mix all ingredients together. Pour into two uncooked pie shells. Bake 375° until filling golden brown and set.

Lorraine La Lier (Holman 55A).

QUICK STRAWBERRY PIE

1 baked pie shell or Graham cracker crust
1 pkg. strawberry Jello
1 pt. vanilla ice cream
1 pkg. frozen strawberries (thawed)
1½ cups boiling water

Dissolve jello in boiling water, add berries and ice cream. Stir until thick. Pour into pie crust. Chill until firm or ready to serve.

Ethelyn Beireis (Goodman 56A).

RHUBARB CREAM PIE

Simmer 10 minutes or until tender:

1 tbsp. melted butter
½ cup sugar
2 cups cubed rhubarb

Mix the following and add to 1st mixture and boil 3 minutes:

2 tbsp. cornstarch
¼ cup sugar
2 egg yolks
⅛ teasp. salt
¼ cup cream

When cool pour into baked pie shell. Use whites of eggs for meringue

Thelma Cole (Dawson 53B).

EGGNOG PIE

Prepare and bake a 9″ pie shell. Beat slightly 4 egg yolks with ½ cup sugar and a pinch of salt. Scald 1 cup milk and add slowly to egg mixture. Cook in double boiler until of custard consistency, stirring constantly. Soften 1 envelope unflavoured gelatin in ¼ cup cold water. Add to hot custard, stirring until gelatin is dissolved. Flavour with 3 teasp. rum extract.
Chill until mixture begins to thicken. Beat 4 egg whites stiff (not dry) gradually adding 1/3 cup sugar. Fold into cooled custard, fill baked shell and chill until set. To serve cover with whipped cream and sprinkle with nutmeg.

Thelma Cole (Dawson 53B).

CANDY

HOME-MADE MARSHMALLOWS

2 envelopes unflavored Knox gelatin
½ cup cold water
2 cups white sugar
¾ cup boiling water
½ teasp. salt
1 teasp. vanilla

Boil sugar and boiling water until syrup tests thread stage (thread forms when dropped from edge of silver spoon). Remove from heat. Soften gelatin in cold water. Add to hot syrup and stir until dissolved. Add salt and vanilla. Beat with mixer until thick, fluffy, and cold. Pour into pans (8 x 4 ins.) thickly covered with icing sugar, having mixture at least 1″ deep. Let stand in cool place (not frig.) until thoroughly chilled. With a wet, sharp knife loosen around edges of pan and turn out on board covered with icing sugar or unsweetened cocoanut. Cut in cubes and roll in cocoanut. Food coloring may be added while preparing for seasonal events, etc. Or cut in maraschino cherries and a little of its juice for a pink effect.

Lorraine Harrison (Pottinger 60B).

MARSHMALLOW BALLS

25 marshmallows, quartered
1 cup icing sugar
pinch of salt
1 teasp. vanilla
1 egg, well beaten
(Mix together. Pour over quartered marshmallows)

Melt 2 squares unsweetened and 2 squares sweetened chocolate. Pour over above mixture, mix. Drop spoonfuls onto coconut and form into balls as quickly as possible. Chill.

Myrla Wild (Easton 1941).

SNOWBALLS

1 cup icing sugar
3 tbsp. cocoa
9 double Graham wafers, crushed
1 egg, beaten
vanilla

Mix together, form into balls and roll in cocoanut.

Norma Hodgkins (Perrin '43)

PEANUT BRITTLE

2 cups white sugar
½ teasp. baking soda
½ teasp. salt

Place sugar and salt in frying pan and stir continuously until sugar melts. Then put in baking soda, stir and pour quickly over peanuts which have been placed in greased pan.

F. Mitchell (Smith '55).

MAPLE CREAM FUDGE

2 cups brown sugar
1 tbsp. flour
1 tbsp. butter
1 teasp. baking powder
½ cup cream
salt

Mix all together. Bring slowly to a boil while covered. Stir until mixture forms into small balls in cold water. Add 1 teasp. vanilla and beat until gloss is gone.

F. Mitchell (Smith '55).

CHOCOLATE FUDGE

3 cups white sugar
½ cup corn syrup
1 small tin Carnation milk
2-3 squares unsweetened chocolate

Boil until soft ball stage—add 2 tbsp. butter—let partially cool and beat until thick. Nuts may be added if desired.

Jean Hedley (Lowry 52A).

TURKISH DELIGHT

Base

½ cup margarine
½ cup white sugar
1 cup flour
1 teasp. baking powder
1 tbsp. milk
1 egg

Combine this and bake at 350° for 15 minutes. Cut up ½ lb. Turkish Delight and spread over base.

Topping

1 cup white sugar
2 tbsp. butter
2 eggs
2 cups fine cocoanut—add nuts if desired

Spread over Turkish Delight and bake 20 - 30 minutes more.

Wanda Rutherford (Raeside 50B).

PEANUT BRITTLE

1 cup white sugar
½ cup corn syrup
¼ cup water
cook until 250°
add 2 cups peanuts
1 teasp. butter
½ teasp. vanilla

Stir until 320° (hard crack). Remove from heat, add ½ teasp. baking soda. Stir well. Pour onto buttered cookie sheet.

Dorothy Steele (Ohm 55A).

LIGHT FUDGE

Combine—

1½ cups brown sugar
½ cup white sugar
1 cup cream
2 tbsp. corn syrup

Boil until hard ball stage. Remove from stove, add 2 tbsp. butter, ½ teasp. vanilla, let stand for around 10 minutes then beat. Pour into buttered pan and mark in squares.

Joan Thompson (Smith '41).

NEVER FAIL FUDGE

1 cup brown sugar
1 cup white sugar
½ cup milk
¼ cup corn syrup
¼ cup butter
1 teasp. vanilla

Melt butter, add sugar, milk and syrup. Boil to hard ball stage. Cool. Add vanilla, beat until creamy and pour into buttered pan.

Jean Tidsbury, '42.

VELVET FUDGE

3 cups sugar
2 tbsp. corn syrup
3 squares (3 oz.) bitter chocolate, shaved
⅛ teasp. salt
1 cup evaporated milk
3 tbsp. butter
1 cup chopped nuts

Mix all ingredients except butter and nuts. Boil until syrup reaches 238° or until a soft ball is formed when a small amount is dropped in cold water. Remove from heat; add butter. Cool until lukewarm.

Beat until creamy. Add nuts and pour into a buttered pan. Cut into squares.

May be formed into a roll, wrapped in waxed paper, and cut in thin slices if desired.

Lorraine La Lier (Holman 55A).

MILLION DOLLAR CHOCOLATE FUDGE

4½ cups white sugar
1 can Carnation Evaporated Milk, 16 oz.
2 tbsp. butter
2 pkg. chocolate chips, 6 oz.
1 pkg. unsweetened chocolate, 6 oz.
12 oz. marshmallow creme or 1 pkg. marshmallows (miniature)

METHOD: Stir sugar and milk continually until dissolved. Boil 6 minutes (this burns easily). Remove from stove, add chocolate chips, shredded chocolate, marshmallow creme. Stir until marshmallows and chocolate are dissolved. Pour into three 8″ x 8″ square dishes.

Alice McLaren (Esler 1949B).

SALADS

Salads you can't
Do without;
That's what this column's
About.

FRUIT SALAD DRESSING

8 large marshmallows
¼ cup undiluted frozen orange juice concentrate
½ cup mayonnaise

Cut up marshmallows, mix with orange juice and mayonnaise. Chill several hours.

Hazel Hildebrandt (Perrin 51B).

COLE SLAW

1 medium cabbage, shredded
1 carrot, grated
1-2 tbsp. green pepper
1 small onion

Dressing

½ teasp. garlic powder
½ teasp. celery salt
1 teasp. salt
2 tbsp. sugar
¼ cup vinegar
1/3 cup mazola oil

Mix together and keep in sealer.

Pat Demchenko (Doyle 61A).

COLE SLAW

3 cups cabbage, chopped fine
¼ cup green pepper, chopped fine or shredded carrot
¼ cup chopped onion

Dressing

3 tbsp. white sugar
3 tbsp. salad oil
¼ cup vinegar
½ teasp. salt

Bring dressing to the boil. Drizzle over vegetables. Let cool before stirring. Refrigerate. (Cole Slaw will keep for several days).

Muriel Seddon (Delf 54B).

MOULDED TUNA SALAD

1 lemon Jello
½ cup boiling water
1 tin chicken gumbo soup
½ cup chopped celery
green onion to taste
1 tin flaked tuna fish
½ cup salad dressing
salt and pepper to taste

Dissolve lemon Jello in boiling water. Add all ingredients and mix well. Pour into mould and chill 6 hours. Makes 7-8 servings.

Betty-Anne Turnbull (Dahl 57B).

CARROT RELISH CUPS

1 3-ounce orange Jello
¼ cup sugar
1½ cups boiling water
1 8-ounce package cream cheese, softened
½ cup orange juice
½ teasp. shredded lemon peel
2 tbsp. lemon juice
1 cup shredded carrots
1 cup chopped unpared apple

METHOD: Dissolve gelatin and sugar in boiling water. Add cream cheese and beat smooth with electric or rotary beater. Stir in

orange juice, lemon peel, lemon juice. Chill until partially set. Add carrots and apple. Spoon into 6-8 individual moulds. Chill until firm. Unmould. Garnish with carrot curls and orange sections.

Betty-Anne Turnbull (Dahl 57B).

JELLIED TUNA FISH SALAD

1 envelope gelatin
1 cup cold water
½ teasp. salt
½ teasp. paprika
¼ teasp. celery salt
1 tbsp. lemon juice
½ cup mayonnaise
½ cup chopped celery
3 tbsp. pickle relish
1 can tuna fish

Sprinkle gelatin over ½ cup water in a pan, let stand 5 minutes. Place on medium heat until dissolved. Remove from heat and add other ½ cup water, salt, paprika, celery salt and lemon juice. Chill to thickness of unbeaten egg white. Stir in remaining ingredients and chill in a mould.

E. Rusk (38).

TUNA FISH SALAD

To 1 package lemon jello add 1½ cups hot water. Set till firm. Add oil of fish to salad dressing, make up to ½ cup. Add this to Jello with Tuna fish and 1 cup celery, chopped fine or any other vegetable.

Agatha Wahl, 51A.

HUBEL HOUSE DRESSING

1 cup mayonnaise
½ pt. tartar sauce
1 small onion, grated
4 sweet pickles, grated
1 tbsp. sugar
2 tbsp. chili sauce
2 tbsp. vinegar
1 cup miracle whip
1 can tomato soup
1 garlic button, grated
1 teasp. dry mustard
1 teasp. prepared mustard
2 tbsp. sweet pickle juice

Mix together. Yield—1 qt. 1 cup.

V. Skrepnak (Rapko '53).

SALAD DRESSING

2 eggs, beaten light
½ cup white sugar
½ cup vinegar
½ cup sweet or sour cream
2 teasp. mustard
3 teasp. flour
1 teasp. salt

Cook until thickens in double boiler. If put in sealer will keep for months. When using thin with cream if desired.

Lorraine La Lier (Holman 55B).

SALAD DRESSING

4 tbsp. white sugar
2 tbsp. flour
2 teasp. dry mustard
1 teasp. salt
2 eggs
½ cup vinegar (white)
1 cup boiling water
1 tbsp. butter

Mix dry ingredients together. Add eggs and mix well. Add vinegar and boiling water. Cook in double boiler until thick, stirring continuously. Chill a little before adding butter. Beat well. Store in refrigerator.

Minnie Haggerty (Parsonage 54B).

SALAD DRESSING

¾ cup vinegar
3 eggs (beaten)
1 cup white sugar
2 tbsp. flour
1¼ cup water
1 teasp. mustard
1 teasp. salt

Mix and boil until thickened.

Kay Runner (Penner '47).

GOLDEN SALAD

1 lemon jello
1 cup pineapple juice
1 cup boiling water
1 tbsp. vinegar
½ teasp. salt
1 can crushed pineapple
½ cup pecans or grated carrots

Combine first 3 ingredients and when it begins to thicken, add remaining ingredients, pour into mould and let set.

Minnie Haggerty (Parsonage 54A).

SALAD OF THE GODS

1 (regular size) pkg. lemon jello
1 tin tomato soup
8 ounce pkg. cream cheese
1 cup salad dressing (white)
1½ cups finely chopped celery
½ cup finely cut blanched almonds
1 small green pepper (chopped)
1 small onion (grated)

Bring soup to boil and mix in jello. Beat dressing and cheese, and add to soup. Add remaining ingredients. Mold.
(This is a large salad—serves approximately eight.)

Nettie Doerksen (Enns 57B).

CRANBERRY APPLE SALAD

Cook gently 2 cups cranberries in 1 cup water until skins break. Rub through sieve. To pulp add 1 cup sugar. Boil slowly 5 minutes. Take off heat.
1 package gelatin plus 2 tbsp. cold water. Blend into hot mixture. Let stand until it starts to thicken then add ¼ cup chopped roasted peanuts. ½ cup diced apples, ½ cup diced celery. Pour into moulds. Let jell. Serve with salad dressing mixed with whipped cream.

Myrla Wild (Easton, 1941).

PINEAPPLE CARROT SALAD

1 pkg. orange jello
4 med. sized carrots (shredded)
1 med. sized can of crushed pineapple (drain off juice)
little salt
1 tbsp. lemon juice

METHOD: Set the jello according to directions on the package. When jello begins to thicken add shredded carrots, the pineapple, lemon juice and salt. Serve on lettuce leaf with a little salad dressing.

Eva M. Jory (Christie, 1941).

RIBBON SALAD

1 lime jello
1 strawberry jello
1 cup whipping cream
1 cup crushed pineapple, well drained
½ cup crushed nuts
½ cup shredded cheese
a few cherries

Set the lime jello, then whip the cream and add pineapple. Spread over the lime jelly, sprinkle the nuts and cheese over this layer and add some cherries. Spread the strawberry jelly which has been partially set.

Thelma Cole (Dawson 53B).

TOMATO ASPIC

1 can tomato soup
1 cup water
1 cherry jello
1 tbsp. vinegar
1 teasp. Worchestershire sauce
grated onion (small)

Heat soup and water, in it dissolve the jelly powder. Add vinegar, sauce and onion. Pour into mold to set.

Thelma Cole (Dawson 53B).

24-HOUR SALAD

2 eggs, beaten
¼ cup vinegar
¼ cup white sugar
2 tbsp. butter

Cook until thick in double boiler and cool. When cold fold in whipped cream and then fruit mixture.

Fruit mixture—

2 cups grapes halved (green or emperor with stones removed)
1 20-oz. tin pineapple chunks
2 oranges cut in pces. (or 1 tin Mandarin orange sections)
2 cups marshmallows cut in quarters.
1 cup whipping cream
Toasted almonds may be added.

Turn into serving bowl, cover and refrigerate overnight or 24 hrs.

Donna Arason (Baldwin 50).

MACARONI 'N SHRIMP SALAD

1 cup uncooked macaroni
2 tbsp. vinegar
1 cup cooked shrimp
½ green pepper, diced
1 cup sliced celery
½ can peas, drained
1 tomato, diced
1 teasp. salt
½ teasp. pepper
½ cup French dressing

Cook macaroni according to package directions. Drain, and rinse with cold water. Add vinegar. Chill. Dice shrimp and add vegetables. Combine with macaroni, and season with salt and pepper. Toss lightly with French dressing. Chill. Arrange lettuce on individual plates and heap salad in centres. Serves 6.

Vivian Cameron (West 48B).

BEAN SALAD

1 can green beans
1 can wax beans
1 can kidney beans
1 small red onion
2 or 3 stalks of celery (chopped)
¾ cup sugar
1 teasp. salt
1 teasp. pepper
½ cup salad oil
½ cup wine vinegar

Marinate overnight or several hours. Drain before serving.

Hazel Johnston (Cheetham 1948A).

SUPPER DISHES

CASSEROLES

The answer to a busy day
And one that will appeal
To all the family is a simple
Tasty, one-dish meal.

OVEN BARBECUED CHICKEN

3 pounds chicken cut in 8 pieces
¼ cup Mazola salad oil
2 cups barbecue sauce

Wash chicken in cold water, drain and dry. Place chicken right (skin) side up in a large casserole dish, do not overlap. Brush top and sides with Mazola oil. Bake in 375° oven for 1 hour. Then spoon barbecue sauce over chicken and continue baking for 30 minutes or until tender, basting frequently with the sauce.

Barbecue Sauce

¼ cup Mazola oil
1 cup Chili sauce
½ cup vinegar
½ cup water
2 tbsp. sugar
1 tbsp. chopped onion
½ teasp. chili powder
½ teasp. salt
¼ teasp. pepper
1 teasp. Worcestershire sauce

Yield—2 cups. Also good on fish.

Lorraine Harrison (Pottinger 60B).

SWEET AND SPICY SHORT RIBS

3-4 lbs. beef short ribs
1 cup ketchup
1 cup water
1 tbsp. vinegar
1 tbsp. Worcestershire sauce
(1 tbsp. prepared horseradish) optional
1 tbsp. sugar
1 tbsp. dry mustard
1 teasp. salt
¼ teasp. pepper
1 bay leaf
1 thinly sliced onion

Combine all but onions in fry-pan and cover. Simmer 2 hours or until tender. Cool, chill until 1¼ hours before serving time. Skim off fat and remove bay leaf. Put in baking dish, top with onions and cover. Bake 350° for 30 minutes. Uncover, baste with sauce. Bake 30 minutes longer or until meat is very tender. Yield — 4 servings.

Lorraine Harrison (Pottinger 60B).

CHICKEN FRIED IN WINE

2½ lb. frying chicken, cut up
3 tbsp. shortening
dash of pepper
½ cup sliced onion
½ cup chopped celery
1 clove garlic, minced
1 cup plain or hot ketchup
1 cup water
2 tbsp. chopped parsley
1 bay leaf
½ teasp. salt
2 tbsp. red wine

Brown chicken in shortening. Sprinkle with pepper. Remove chicken from skillet. Saute onion and next 2 ingredients in skillet

until lightly browned. Stir in ketchup and remaining ingredients. Add chicken, simmer, uncovered, 30 - 40 minutes or until chicken is tender and sauce is desired consistency. Makes 4 - 5 servings.

A. Rapske (60B).

BAKED CHICKEN PAPRIKA

4 chicken legs with thighs (separated into 8 pieces)
1 20-ounce can of tomatoes, well drained
1 Spanish onion
2 tbsp. butter
¼ cup flour
1 teasp. paprika
½ teasp. celery salt
½ teasp. salt
½ teasp. sugar

Melt the butter in the oven in a large shallow casserole. Do not let it brown—just melt it. Peel onion and cut into halves from top to bottom then slice these halves thinly crosswise. Arrange an even layer in buttered casserole.

In a big bag mix together the dry ingredients and shake chicken pieces in them to coat. Arrange in single layer over onions. Pour drained tomatoes over evenly. Bake covered with a piece of foil, at 375 degrees F. for 15 minutes then reduce heat to 300 degrees for 1 hour.

Agatha Wahl ('51).

CHICKEN CHOW MEIN

2 tins jellied chicken
1½ cups chopped celery
1 cup chopped onion
2 tins drained mushrooms
pinch of salt
2 tins mushroom soup
1 tin water
2 tins chow mein noodles

Mix all ingredients, save ½ cup chow mein noodles for the top of casserole. Bake 350° oven ½ - ¾ hour. Serves 10 - 12 people.

Georgina Johnson (Hall 57A).

HAWAIIAN CASSEROLE

6 oz. pkg. egg noodles
2 tbsp. flour
2 tbsp. butter, melted
1 cup milk
1 tin cream of chicken soup
1 teasp. Worcestershire sauce
½ teasp. salt; pepper
2 7-oz. tins boneless chicken
1 cup drained pineapple tid-bits
1 cup slivered almonds, toasted
2/3 cup dry bread crumbs
1 tbsp. butter

Cook noodles as package directs. Drain. Stir flour into melted butter in saucepan; gradually add milk and cook slowly until it boils and thickens. Stir in soup and seasonings.

Place layer of noodles in 2 qt. casserole; cover with 1 tin chicken pieces and ½ cup pineapple; repeat. Pour on soup mixture. Combine almonds and bread crumbs and sprinkle on top. Dot with butter. Bake 40 min. at 350° or until brown and bubbly. Serves 6.

Vivian Cameron (West '48).

PORK CHOW MEIN

2 tins pork chop suey
1 tin noodles
2 pork butt steaks
½-1 lb. mushrooms
3 stalks celery
½ onion
fresh bean sprouts or one tin Chinese vegetables
3 tbsp. soy sauce

Cut excess fat off pork. Cut pork up into small pieces. Fry until brown. Cut up celery and onion and add to pork. Cut up mushrooms and add. Put other ingredients in dutch oven or large pot. Add mixture from frying pan. Boil 5 minutes and then simmer one hour (if too much liquid — pour excess off). Serve with noodles and rice.

Lesley Price (Ridings 57A).

PIZZA

Dough

4 cups flour
2 eggs
1 pkg. yeast
1 cup warm milk
1 teasp. salt

Mix yeast in warm milk. Mix and knead. Leave 1½ hours to rise. (Makes large quantity.)

Sauce

½ lb. Mozarella grated cheese
1 can tomato sauce
½ teasp. oregana salt
¼ teasp. basil pepper

Spread dough on cookie sheet. Make sure hands are greasy. Pour sauce over evenly. Bake 400°—20 minutes.

Lesley Price (Ridings 57A).

WESTERN BAKED BEANS

½ lb. minced round steak
1 tbsp. fat
½ cup chopped onion
1 teasp. salt
dash of pepper
½ cup tomato ketchup
½ tbsp. vinegar
1 teasp. Worcestershire sauce
1 tbsp. prepared mustard
1 15-oz. can pork and beans

Brown steak and onion in fat. Add remaining ingredients. Mix well. Pour into casserole. Bake at 350°, 30 - 40 minutes or until heated through. Serves 4 - 5.

Muriel Seddon (Delf '54B).

BAKED BEANS

2 cups beans. Soak overnight in 4 cups of water. (Beans swell double.) Cook at a slow boil for 2 hours or so until they begin to split.

Mix—

1 onion, chopped (or more if desired)
1 can tomato soup
½ teasp. mustard
1 tbsp. sugar
½ teasp. salt

Salt pork or bacon, cut up in chunks. Add the cooked beans (also a little molasses if desired—optional). Place in a greased casserole or bean pot. Bake at 350° with lid off for 2½ to 3 hours.

Karen Dunn (Turner 61A).

SCALLOPED POTATO DISH WITHOUT OVEN

In electric frypan or other pan with snug cover, heat 1 cup water, 1 cup milk. Add—

1 teasp. salt
dash of pepper
4 sliced potatoes
4 sliced carrots
1 sliced or diced onion
and if desired, some bits of ham

Cover and cook until done. You may eat as is or thicken the sauce

with flour, making white gravy. Stir this while cooking over low heat to prevent lumping or scorching.
Remember to cut down on salt if you use much ham. This dish may be varied by using cabbage, peas, bologna.

Alma Olson (White, 1951).

CHEESE SOUFFLÉ

White Sauce

3 tbsp. butter
4 tbsp. flour
¼ teasp. salt
dash of pepper
1 cup milk

Add—

3 egg yolks, beaten
1 cup grated cheese
3 egg white, beaten stiff
⅛ teasp. cream of tartar

Make white sauce, fold in yolks, cheese and cool. Fold in whites. Put in buttered casserole and set over water in 375° oven. Bake 1¼ hours.

Thelma Cole (Dawson '53).

SCALLOPED CHEESE

2 eggs
5 slices bread (cubed)
2 cups milk (enough to cover the bread)
salt
¼ teasp. dry mustard
1 cup grated cheese
corn flakes or cracker crumbs
3 slices bacon

Beat eggs in greased casserole. Add milk, cheese, mustard and salt. Stir in cubed bread. Sprinkle with crumbs and place bacon on the top.
Bake at 350° about 45 minutes.

Shirley Seddon (Dunn 50B).

ORIENTAL STEAKS

1 lb. round steak cut in long strips. Fry in Mazola oil with 1 clove garlic (chopped fine), salt and pepper. Put in pot with 1 oxo cube dissolved in 1 cup boiling water. Simmer ½ hour. Add 1 cup each carrots, celery cut diagonally and 1 cup chopped onion.
Cook until tender. Add 1 tin mushrooms — drained. To juice of mushrooms add 2 tbsp. cornstarch, ¾ tbsp. soya sauce, 1 teasp. sugar. Add to meat and simmer for 5 minutes. Serve with or on rice.

Sue McIvor (Kakamasu 50B).

SEAFOOD CHOWDER

¼ lb. salt pork—diced
½ cup chopped onion
½ cup chopped celery
2 cans tomatoes (about 1 lb. each can or one 28 oz. tin)
4 cups diced raw potatoes
2 bay leaves
1 teasp. salt
¼ teasp. thyme
⅛ teasp. pepper
1 pkg. frozen haddock fillets (or any kind of fish fillet)
1 pkg. (or can) deveined shelled shrimp
4 cups scalded milk
1 pkg. frozen peas
2 tbsp. butter

METHOD:

(1) Sauté pork until crisp, remove, drain and save for garnish. Pour off all but 2 tbsp. drippings.

(2) Saute onions and celery in drippings 5 minutes. Add tomatoes, potatoes, and seasonings. Cover and simmer 10 minutes.
(3) Cut fish in 1 inch cubes, add to chowder and simmer 10 minutes. Cool then chill (or even freeze) if you wish.
(4) When ready to serve remove bay leaves, heat chowder, add peas, shrimps, scalded milk, butter and pork. Heat just to boiling, serve hot.

Sue McIvor (Kakamasu 50B).

BAKED ROUND STEAK

round steak
salt and pepper
¼ cup flour
6 oz. can tomato paste
1½ cups water
½ teasp. salt
⅛ teasp, pepper
¼ teasp. sugar
1 large onion, sliced

Cut steak into serving pieces. Sprinkle with salt and pepper. Pound flour into steak. Brown steak in frying pan on both sides. Remove meat and place in casserole. Mix tomato paste, water and seasonings together and heat in frying pan. Arrange onion rings over meat. Pour tomato mixture over all. Cover tightly with lid or aluminum foil. Bake 350° for 1½ - 2 hours or until meat is fork tender.

Joyce McLeod (Killey 55A).

ROUND STEAK SPECIAL

1 round steak, ½ inch thick
2 tbsp. flour
1 teasp. salt
dash of pepper
dash garlic salt (if desired)
1 tin consomme soup (mushroom or tomato)

Sprinkle steak with dry ingredients and pound this into both sides of steak with meat pounder or edge of heavy saucer.
Saute ½ cup chopped onions in fat or cooking iol. Remove onions from pan and brown steak well in hot fat. Put steak in baking dish with onions. Pour soup in fry pan with fat and bring to boil. Pour hot consomme over steak (cut into servings). Cook at 350° for 1½ to 2 hours.

Lorraine La Lier (Holman 55A).

HEAVENLY HASH

2 lbs. hamburger
1 bunch celery, chopped
2 med. onions, chopped
1 green pepper, chopped
1 can drained mushroom pieces
1 cup cooked noodles
2 tins mushroom soup
1 tin tomato soup
dash tobasco
salt and pepper to taste

Saute onions, celery, pepper then add meat and brown. Add rest of ingredients and simmer until well blended.

Thelma Cole (Dawson 53).

SALMON LOAF

½ cup Miracle Whip salad dressing
1 cup undiluted cream of celery soup
1 beaten egg
½ cup chopped onion
¼ cup chopped green pepper
1 tbsp. lemon juice
1 teasp. salt
2 cups flaked salmon
1 cup fine bread crumbs

Mix well. Bake 1 hour in loaf pan 8″ x 4″ x 2″ at 350°.

Thelma Cole (Dawson 53).

SHRIMP CREOLE

2 tbsp. butter
2 med. onions, sliced
4-5 med. celery stalks, chopped
1-2 teasp. chili powder
1 tbsp. vinegar
1 teasp. salt
1 teasp. sugar
2 cans shrimp
2 cups tomato juice
hot boiled rice (about 3 cups)

Add onions and celery to butter. Cook slowly then add rest of the ingredients. Place on platter and surround with hot rice.

Thelma Cole (Dawson 53).

SWEET & SOUR SPARERIBS

2 lbs. spareribs
½ teasp. cooking oil
2 cloves garlic
3 teasp. soya sauce
2 cups water
1 cup vinegar
¾ cup white sugar
3 teasp. cornstarch
1¼ teasp. salt
few grains of pepper

Cut spareribs into 1" pieces. Mince garlic fine. Heat cooking oil in frying pan. Brown meat well. Add salt, pepper, garlic (if used) and water. Boil until water is evaporated. Add vinegar, sugar and soya sauce, simmer 20 minutes. Thicken juice with cornstarch mixed with a little cold water.

Shirley Almdal (Mensforth 51A).

TEXAS B-Q SPARERIBS

Place on rack in shallow baking pan 3 lbs. spare or loin ribs, cut in serving sizes. Do not cover. Do not add water. On each piece, place 1 lemon slice. Sprinkle over all ½ chopped onion. Bake in hot oven (450°) about 30 minutes. Pour over ribs Texas B-Q Sauce. Continue baking in moderate oven (350") 2 hours. Baste with sauce every 15 minutes. If sauce thickens add a little hot water. To prevent ribs from browning too much, cover last 30 minutes of baking.

Texas B-Q Sauce

Mix in saucepan:

2 tbsp. brown sugar
1 tbsp. paprika
1 teasp. salt
1 teasp. dry mustard
¼ teasp. chili powder
2 tbsp. Worcestershire sauce
¼ cup vinegar
1 cup tomato juice
¼ cup ketchup
½ cup water

F. Mitchell (Smith '55).

HAWAIIAN SPARERIBS

3 lbs. spareribs
½ cup diced onions
salt and pepper
¼ cup diced green pepper
2 8-oz. cans tomato sauce
1 tbsp. Worcestershire sauce
1/3 cup vinegar
1 No. 2 can pineapple tidbits with syrup
¼ cup brown sugar
½ teasp. dry mustard

Mix and let stand to blend flavor. Cook ribs for 1¼ hours at 350°. Drain and cover with sauce. Bake 45 - 50 minutes more, basting if necessary.

Eleanor Watson, '63.

LIVER A LA BRECHBILL

Fry several onions until straw-colored; then pour in a little water and cover, cooking until tender. When cooked, remove to casserole in oven.
Fry several strips bacon and remove to casserole.
In bacon grease, fry ½ pound liver which has first been rolled in flour. (If using pork liver, pour boiling water over it first before cutting in pieces and rolling in flour.) Remove to casserole.
Make brown gravy from remaining drippings, flour and water. Pour over mixture in casserole.
Cook 15 minutes longer in 350° oven.

Karen Dunn (Turner 61A).

HAM STEAK

Salt, pepper and broil ham steak 5 minutes. Pour on the following mixture:

2 slices lemon
4 slices onion
4 cloves
bay leaf, crumbled
1 cup black cherry juice
1 cup red wine or apple juice

Cover and bake 25 minutes at 400°. Strain juice. Add — 1 tbsp. butter, 1 tbsp. flour. Stir until thick. Add black cherries. Serve on a platter with some sauce on top and pass extra sauce.

Betty Turnbull (Dahl 57B).

CORNED BEEF

(5 - 6 lbs. brisket of beef)

Brine

2 quarts water
2/3 cup salt (pickling)
2 teasp. black pepper
2 teasp. cinnamon
2 teasp. saltpetre
1/3 cup pickling spice
1 small head garlic

Boil brine—then cool. Place meat and brine in a crock. Let stand for 7 days (cool place). On 7th day boil meat in the brine until done. Cool the meat in the liquid.

Grace Lazar (Burgess 50A).

TROPICAL CHICKEN

4 chicken breasts or chicken pieces
½ cup flour
2 teasp. salt
¼ teasp. pepper
½ teasp. paprika
½ cup shortening or oil for for frying
2 cups orange juice
4 tbsp. brown sugar
4 tbsp. vinegar
2 teasp. nutmeg
2 teasp. sweet basil
1 1-lb. can peach halves
parsley

Coat chicken with mixture of flour, salt, pepper, paprika. Brown in frying pan. Combine all ingredients except peaches and parsley. Pour over chicken. Cook over medium heat 25 minutes, basting frequently with sauce. Add peaches and cook 5 minutes more. Garnish with parsley. This is excellent served with rice.

Betty-Anne Turnbull (Dahl 57B).

STUFFING FOR POULTRY

(will stuff 1 large chicken)

¾ cup butter
1 onion, chopped
1 cup diced celery
1 one-pound loaf bread
2 tbsp. chopped parsley
1½ teasp. poultry seasoning
1½ teasp. salt
1 egg, beaten
milk or giblet stock

METHOD: Melt butter in skillet, add onion and celery and brown. Tear bread into small pieces, add browned onions and celery, parsley, seasonings, egg and enough milk or giblet stock to moisten, mix lightly with a fork.

Suggestions for varying stuffing:

Add to or substitute for some of the bread in the above stuffing recipe, any one of the following:

Oysters, sausage, anchovies, mushrooms, rice, chestnuts, nut meats (almonds or pecans), prunes, apricots, raisins, bacon.

Marguerite Gregory (Hayward 48A).

LEMON BARBECUED CHICKEN

¼ cup butter
1 cup flour
1 teasp. salt
¼ teasp. pepper
¼ teasp. paprika
1 2½-lb. frying chicken, cut up

Heat oven to 400°. Melt butter in 13 x 9½ x 2-inch baking pan. Mix flour, salt, pepper and paprika. Dip chicken pieces in flour mixture, and place in baking pan in single layer, skin side down. Bake 30 minutes. Turn and pour Lemon Barbecue Sause (recipe follows) over chicken. Continue baking 30 minutes, or until tender, basting several times. (Serves 4 or 5.)

Lemon Barbecue Sauce (for above)

¼ cup salad oil
½ teasp. salt
juice of 2 lemons
2 tbsp. finely chopped onion
½ teasp. black pepper
1 teasp. curry powder

Mix all ingredients.

Margaret Lemoine (Cummings 52A).

TERRACE TUNA (SKILLET DISH)

2 cans (6½ or 7 oz. size) tuna
1 cup diced celery
1/3 cup chopped onion
1 large green pepper, diced
3 cups cooked rice
1/3 cup chopped pimento (optional)
½ cup sliced canned mushrooms with liquid
1 teasp. salt
¼ teasp. pepper
½ teasp. each of rosemary and thyme or marjoram

Drain tuna oil into frying pan. Cook celery, onion and green pepper until crisp-tender—about 3 minutes. Add remaining ingredients. Heat to serving temperature. Serves 5 or 6.

Margaret Lemoine (Cummings 52A).

CAPTAIN'S CASSEROLE

1 can (10 ozs.) condensed cream of mushroom soup
¼-1/3 cup finely chopped onion
1 1/3 cups water
1 teasp. lemon juice
¼ teasp. salt
dash of pepper

1 1/3 cups minute rice
1½ cups cooked peas
1 can (7 oz.) tuna fish, drained and flaked
½ cup grated chedder cheese
paprika

Combine soup, onion, water, lemon juice, salt and pepper in saucepan. Bring to boil over medium heat, stirring occasionally. Pour half the soup mixture into a greased 1½ quart casserole.
Then, in layers, add minute rice (right from box), peas and tuna fish. Add remaining soup. Sprinkle with cheese and paprika. Cover and bake in moderate oven (375° F.) 15 to 20 minutes.
Cut through mixture with knife or fork after 10 minutes of baking to help distribute soup mixture. Serves 4.

J. Lyon (Mensforth 56A).

MEAT LOAF

2 lb. ground beef
2 cups bread crumbs (day old)
¾ cup onion
2 eggs, slightly beaten
1 teasp. salt
pepper
½ teasp. mustard
¼ cup milk
¼ cup ketchup

Put in pan. Cover with ketchup. Bake 40 minutes at 400°. Grand for freezing.

Velda Currie (Doty 50B).

CHILI CON CARNI

1 can tomato soup
¾ can water
1 can kidney beans (red)
2 onions, chopped fine
1 lb. hamburger
1 teasp. vinegar
1 teasp. dry mustard
1 teasp. white sugar
1 teasp. fat
2 teasp. chili powder
salt and pepper to taste

Brown hamburger, onions in fat. Put all else in and cook until meat is done. Approximately ½ hour.

Shirley Almdal (Mensforth 51A).

DEEP OCEAN CASSEROLE

1 cup chopped celery
¼ cup water
1 10-oz. cream of mushroom or chicken soup
1 7-oz. tuna, flaked
1 teasp. grated lemon peel
4 hard-cooked eggs, sliced
¼ teasp. salt
¼ teasp. pepper
½ cup grated mild cheese
¼ teasp. paprika

METHOD: Simmer celery in water until softened about 5 minutes. Add creamed soup and lemon peel. In greased casserole arrange layers of tuna, sliced eggs and cooked celery soup mixture. Sprinkle with salt and pepper. Top with cheese and sprinkle with paprika. Bake in hot oven 450° F. until brown and bubbly. Makes 4-5 servings.

Tillie Lowe (Tillie Bugera 51A).
Phyllis McIntosh (Pollock 51A).

SALMON CASSEROLE

1 can (lb.) salmon, drained and flaked
1 can cream of mushroom soup
1 teasp. Worcestershire sauce
½ teasp. dry mustard
salt and pepper
buttered bread crumbs

Combine soup and seasoning and place over medium heat. Stir just to boiling point. Pour over salmon in buttered casserole. Mix lightly. Sprinkle crumbs over top. Do not cover. Bake at 350° for 30 minutes.

Ruth Shepherd (Campbell 57B).

SALMON SOUFFLE

2 tbsp. butter
2 tbsp. flour
½ teasp. salt
¼ teasp. paprika
½ cup evaporated milk
3 eggs
1 cup flaked canned salmon

Preheat oven to 375° F. Melt butter, stir in flour, salt and paprika. When mixture foams, blend in evaporated milk. Cook, stirring constantly, until thickened and smooth.

Separate eggs, remove creamed mixture from heat, and add egg yolks—one at a time. Add salmon and cool 10 minutes. Beat egg whites until stiff peaks form. Fold into salmon mixture.

Pour into buttered casserole. Bake 35 minutes or until silver knife inserted comes out clean. Yield: 4 servings.

Lorraine La Lier (Holman 55A).

ITALIAN SPAGHETTI

First pot:

1 10-oz. tomato soup
1 18-ounce tomato paste
1 20-oz. tomato juice (no water, handful of Parmesan cheese)
½ cup sugar
3 small ground red peppers
3 tbsp. parsley
½ teasp. each oregano, poultry dressing, sage, nutmeg and thyme

Cook 1 hour at medium low heat with cover on.

Second pot:

¾ cup olive oil
1 lb. pork—ground
1 lb. beef—ground

Brown meat thoroughly in olive oil. Then add:

2 large onions
2 cloves garlic
1 cup diced celery
½ teasp. black pepper
1½ teasp. salt

Cook 1 hour at medium low heat with lid on. At the end of cooking period combine the two and simmer for 3 hours, stirring occasionally. Makes 6 pints which can be stored—refrigerator.

Sue McIvor (Kakamasu 50B).

BARBECUED SPARERIBS

4 lbs. spareribs
1 lemon
1 onion
1 cup ketchup
4 tbsp. Worcestershire sauce
1 teasp. salt
few drops tobasco
2 cups water
1 tbsp. chili powder

Preheat oven to 450° F. Wipe spareribs, arrange in roasting pan with fat side down. Place slices of lemon and onion on top of meat. Roast for half hour.

Combine remaining ingredients, bring to boil. Pour over ribs when they have been in oven 30 minutes. Roast for 45 minutes longer. Baste frequently.

Sue McIvor (Kakamasu 50B).
Marguerite Gregory (Hayward 48A)

ITALIAN SPAGHETTI

Sauce

1 small onion
2 cloves garlic
¼ cup olive oil
2 cans (8 oz.) tomato sauce
1 can (7 oz.) tomato paste
3 cups water
1 tbsp. sugar
1 teasp. oregano
1 tbsp. salt
dash of pepper

Meatballs

3 slices white bread
1 small onion
1 tbsp. parsley
1 lb. ground beef
3 tbsp. Parmesan cheese
1 egg
1 teasp. salt
¼ teasp. pepper

Sauce—Chop onion fine; peel garlic and leave whole. Cook onion and garlic in heated oil until limp. Add tomato sauce and paste, water and seasonings. Cover, cook slowly 1 hour, stirring occasionally.

Meanwhile make meatballs. Soak bread in ¾ cup water, then mash, using a fork. Chop onion fine; add onion and parsley to beef, along with cheese, beaten eggs, salt and pepper. Mix in bread and water combination.

Shape meat into 12 balls about 2″ in diameter. Brown in shortening or oil until firm. Turn frequently. Lift from pan when firm and set aside until sauce is ready.

Add meatballs to sauce. Cook, covered, 30 minutes longer. Lift out garlic and discard. Serve over freshly cooked spaghetti (1 lb. plenty for 6); sprinkle with parmesan cheese. Serve with tossed salad and French bread.

Connie Dole (Mathews 45B).

BEEF AND MUSHROOM TOSS

2/3 cup cooked rice (minute cooked)
2 lbs. ground beef (pre-cooked and seasoned)
½ onion, chopped
2 stalks celery, diced
1 28-oz. can tomatoes
1 tin peas
1 tin mushroom soup

Mix and top with bread or cracker crumbs in greased casserole. Bake at 300° for one hour.

Olive Taylor (Dinsdale '41).

BARBECUED SPARERIBS

Place spareribs in roaster and brown in 400° oven for 20 minutes.

2 tins tomato sauce (one will do)
1/3 cup brown sugar
1 teasp. Worcestershire sauce
1/3 cup vinegar
1 teasp. prepared mustard
1 medium onion
1 cup celery

Simmer 20 minutes then pour over ribs. Cook 1½ hours.

P. Demchenko (Doyle 61A).

SPANISH HAMBURGERS

1 pound ground beef
1 tbsp. fat
1 large onion
1 cup chopped celery
1 tin tomato soup
2 tbsp. Worcestershire sauce
1 tbsp. chili powder

Brown beef in fat. Add onion and celery, cut fine. Add ½ tin of

tomato soup. Mix chili powder and Worcestershire sauce with remainder of soup and add to the mixture. Let simmer ¾ hour, stir occasionally. Serve on heated hamburger buns or as a main dish by adding 1 tin of kidney beans. Serves 6.

Doreen Stephenson (Carr 1950A).

CHILI MEAT BALLS

Combine 1 lb. ground beef with:

1/3 cup fine dry bread crumbs
2 tbsp. onion
1 teasp. salt
1 slightly beaten egg
¼ cup tomato soup

Shape into balls. Brown in 2 tablespoons shortening. Mix remaining soup, 1 teaspoon chili powder, ½ cup water; pour over meat. Cover. Bake in 350° oven 30 minutes.

Connie Dole (Mathews 45B).

QUICK SUPPER CASSEROLE

12 oz. can of any lunch meat
1 small onion, chopped
2 tbsp. bacon grease
1 large can tomatoes
1 cup grated cheese
1½ cups biscuit mix

Cut meat in ½ inch cubes and fry with chopped onion in bacon grease. Grease casserole and pour in tomatoes, stir in the meat and onion mixture. Sprinkle grated cheese over the top. Mix biscuit mix with milk or water to form a soft dough. Spread on top and bake for 20 - 25 minutes at 400°.

Shirley Seddon (Dunn 50B).

CORNED BEEF CASSEROLE

Cook 8 oz. noodles and drain. Combine with:

1 can corned beef
1 cup cheddar cheese, diced
1 can cream of mushroom soup
1 cup milk
½ cup chopped green pepper
½ cup chopped onion.

Top with bread crumbs. Bake at 350° for 1 hour. Serves 6.

Betty-Anne Turnbull (Dahl 57B).

RICE-CHEESE CASSEROLE

1 cup rice, uncooked
2 tbsp. chopped onion
1 small can mushrooms
1 can (1¼ cups) consomme
1/3 cup water
¼ cup chopped parsley
½ cup slivered blanched almonds
2 tbsp. butter or margarine
salt and pepper
1 cup grated cheese

Combine all ingredients except cheese in a saucepan. Stir well and bring to boiling point. Pour into greased 6-cup casserole. Cover tightly and bake at 375° for ½ hour. Uncover. Gently stir in cheese with a fork. Cover and bake another 10 minutes. Serves 5.

Margaret Lemoine (Cummings 52A).

CROW'S NEST (CASSEROLE)

2 lbs. minced beef
1½ teasp. salt
⅛ teasp. pepper
flour
hot fat
2 medium sized onions
2 cups diced carrot
1 cup chopped celery
2 cups canned tomatoes
buttered bread crumbs

Season meat with salt and pepper. Shape as small balls, roll in flour, brown in hot fat. Place meat in greased baking dish and brown sliced onions in fat remaining in frying pan. Spread over meat. Cook carrots and celery in a very little water, for 20 minutes. Drain and spread over onions. Cover with tomatoes, then with thick layer of buttered soft bread crumbs. Bake uncovered in moderate oven, 350°, for 1 hour. Serves 5 or 6. May be prepared well ahead of time.

Margaret Lemoine (Cummings 52A).

CHICKEN CASSEROLE

Cook 1 pkg. noodles *or* 2 cups of rice. Add:

1 tin mushroom soup
½ chopped onion
1 tin shrimps
1 large canned chicken (or equal amt. left over turkey)

Sage, savoury, celery and curry can be used as desired. Bake at 350°—30 - 45 minutes.

Jean Hedley (Lowry 52A).

BEEF MACARONI CASSEROLE

(Serves 4)

½ lb. ground beef
½ cup chopped onion
1 clove garlic (minced)
⅛ teasp. oregano
1 tbsp. shortening
¼ cup shredded process cheese
1 can Campbell's cream of vegetable soup
1 cup cooked tomatoes
¼ cup water
2 cups cooked macaroni (1¼ cup uncooked makes 2 cups cooked)

Brown beef and onions, garlic and oregano in shortening. Add soup, tomatoes, water and cooked macaroni. Pour into 1½ quart casserole and top with cheese. Bake moderate oven (375°) 30 minutes.

J. Lyon (Mensforth 56A).

MEAT BALLS WITH RICE

¼ cup tomato soup
¼ cup uncooked rice
¼ cup minced onion
1 teasp. salt
1 lb. ground beef
1 egg, slightly beaten
1 teasp. dried parsley

Mix all ingredients — make into balls. Brown. Use remainder of soup—add water (1 can) and 1 teasp. Worcestershire sauce. Mix. Simmer meat balls in soup mixture for 40 minutes.

J. Lyon (Mensforth 56A).

RUSSIAN FLUFF (CASSEROLE)

¾ lb. ground meat
1 teasp. salt
dash of pepper
1 cup diced celery
1 onion, cut fine
¾ cup cooked rice
1 (14-oz.) tin of kernel corn
1 can tomatoes (or tomato soup)
¼ cup crumbs
bacon—several strips

Simmer seasoned meat, celery and onion. Put in greased casserole. Add rice, corn and tomatoes. Cover with crumbs and bacon. Bake at 350° F. for 45 minutes (approximately).

Nettie Doerksen (Enns 57B).

STROGONOFF BEEF BURGERS

1-1½ lbs. ground beef
3 slices diced bacon
½ cup chopped onion
1½ tbsp. flour
¾ teasp. salt
¼ teasp. paprika
dash of pepper
1 can condensed cream of mushroom soup
1 cup sour cream
8-10 hamburger buns—split and toasted

Brown beef and bacon. Add onion — cook until tender but not brown. Drain off excess fat. Blend flour and seasonings into meat mixture. Stir in soup. Cook slowly uncovered for 20 minutes. Stir often. Stir in sour cream and heat through. Serve on toasted buns.

Edith Besant (Ammeter 50B).

PICKLES AND JAMS

HAMBURGER RELISH

Chop or grind the following—

cucumbers to make 1 quart
onions to make 1 quart
cauliflower to make 1 quart
cabbage to make 1 quart

Add 1 large head of celery, 3 red and 3 green peppers also chopped.

Make a paste of—

2/3 cup flour
2 oz. mustard
½ oz. tumeric
1 oz. mustard seed
1 oz. celery seed
8 cups white sugar
½ gal. vinegar

Bring to a full boil and turn off heat. Add vegetables and stir thoroughly.

Thelma Cole (Dawson 53B).

SPECIAL MUSTARD PICKLE

1 qt. small whole onions
1 qt. small cucumber, sliced
1 qt. large onions (put through chopper)
1 qt. large cucumber (put through chopper)

Soak in salt water 1 hour and drain.

2 red peppers (put through chopper)
3 apples (put through chopper)
1 bunch celery, sliced
1 cauliflower, cut in flowerettes
3 cups white sugar

Brown vinegar to cover. Heat. When boiling make paste of 1 cup flour, 3 tbsp. mustard, 1 tbsp. tumeric. Add a little water (this will thicken the mixture). Boil altogether for a few minutes and bottle.

Ruth Diehl (Ferguson '44).

MUSTARD PICKLE

1 qt. chopped cucumber
1 qt. chopped onions
1 qt. chopped celery
1 qt. vinegar—save ¼ cup for dressing
2 red peppers
2 cups sugar
salt to taste

Boil these together 15 minutes and add dressing made of—

1½ teasp. tumeric
½ teasp. celery seed
3 teasp. mustard
½ cup flour

Blend these with some of the vinegar, add to boiling vegetables. Cook a few minutes and bottle.

B. Darrach (Coulthard 50B).

MUSTARD CUCUMBER SLICES

9 large cucumbers
1 teasp. celery seed
2 teasp. dry mustard
2 cups white sugar
2 cups vinegar
pickling salt
6 white onions
1 teasp. mustard seed
3 tbsp. flour
1 teasp. tumeric
1 cup water

Pare and slice cucumbers thinly. Pare and slice onions thinly. Sprinkle with salt — let stand 1 hour. Drain. Mix flour, dry mustard, sugar and tumeric. Make a paste with a little of the vinegar. Bring remainder of vinegar and water to boiling point. Stir in flour mixture. Bring to boil. Add drained vegetables and celery seed and mustard seed. Cook gently 15 minutes.
Pour into sterile jars and seal.

Connie Dole (Mathews 45B).

PICKLED PUMPKIN

3 cups water
1 cup vinegar
1 cup sugar
1 stick cinnamon
5-7 cloves

Cut pumpkin into little squares and soak in water and vinegar overnight. Drain pumpkin and use the same water and vinegar and add other ingredients (put cloves and cinnamon stick into bag) and boil for 10 minutes. Then add the pumpkin and boil until done. Put into jars, seal and cook for 15 minutes.

Velma Parm (Parend 53B).

BEET RELISH

8 cups cooked beets (mashed)
2 teasp. salt (or to your taste)
2 cups white sugar
2 cups vinegar
6 level tbsp. cornstarch

Add salt and most of sugar to beets. Take balance of sugar and the cornstarch and wet with some of the vinegar and add to beets with all the vinegar. Cook until thick and clear. Seal. May be used as a pickle or salad vegetable.

Velda Currie (Doty 50B).

PICKLED BEETS

Boil young beets until tender, drop into cold water, remove skin and pack in jars.

Syrup

1 qt. vinegar
2 cups white sugar
1 cup water

Boil together, pour over beets and seal.

Norma Hodgkins (Perrin '43).

DILL PICKLES

Select 4 - 5 pounds of cucumbers which are 3 - 4 inches in length. Soak cucumbers in *cold* water overnight. In morning, wash cucum-

bers removing the rough white specks. Rinse in *cold* (add ice if necessary) water again.
To prepare brine for dills combine the following ingredients and bring to the boil.

2¼ quarts water
1 pint vinegar
½ cup salt

Sterilize jars. Pack cucumbers in jars and add a good sized sprig of dill to each jar. If desired, a clove of garlic may be added to each jar for a bit of extra flavor.
Fill jars with hot brine solution. Seal hot. Let cure for at least one month before using.

R. Rushton, '58B.

BREAD & BUTTER PICKLES

6 onions
6 qts. sliced cucumbers (thin)
1 cup salt (pickling)

Let stand for 3 hours (with ice cubes). Drain and wash.

Syrup

1½ qts. vinegar
6 cups sugar
1/3 cup mustard seed
1½ tbsp. celery seed
¼ teasp. cayenne pepper

Boil syrup for 5 minutes—then simmer all together until hot. Jar.

Jean Lowman (Wallace '40).

RHUBARB RELISH

6 lbs. rhubarb
2 lbs. chopped onions
3 lbs. brown sugar
1 pt. vinegar
1 tbsp. cinnamon, cloves, nutmeg
1 teasp. salt

Simmer until cooked. Add 1 or 2 cans tomatoes if desired.

Edna Couling (Sample 53B).

PICKLED ONIONS

1 gal. pickling onions
2 lbs. white sugar
1 qt. white vinegar
3 tbsp. whole pickling spice
alum, size of walnut

Peel onions and place in a crock. Add ½ cup salt and boiling water to cover. Drain each day and add ½ cup salt and boiling water to cover for seven days. On seventh day wash well, add alum and cover with boiling water. On 8th day boil vinegar, sugar and spices (tied loosely in bag) together. Place onions in jars and cover with hot syrup. Seal.

Doris E. Nicol (Edwards 1941).

CRISPY CHUNKS

8 5″ cucumbers
2 cups vinegar
4 cups water
2 teasp. alum
4 cups sugar
2 cups white vinegar
1 teasp. mixed pickling spices

Cover cucumbers with salt brine (½ cup coarse-medium salt to 1 quart water). Let stand 3 days. Drain. Cover with cold water. Let stand 3 days; drain and cover with cold water each day.

Cut in ½" chunks (i.e. slices). Combine 2 cups vinegar, water and alum. Heat to boiling—pour over chunks. Let stand 2 days. Drain. Combine sugar, 2 cups white vinegar and spices. Heat to boiling and pour over pickles; let stand 1 day. Pour off liquid and heat to boiling again. Pour over cucumbers. Repeat 3rd day. Seal in hot sterilized jars.

Karen Dunn (Turner 61A).

GREEN TOMATO MINCE MEAT

1 qt. green tomatoes, put through meat chopper
1½ qts. chopped tart apples
6 cups granulated sugar
2 lbs. raisins
4 teasp. cinnamon
2 teasp. each of salt, allspice, cloves
½ cup vinegar

Mix all together, bring to a rapid boil and then simmer until thick. Pour into sterilized sealers and seal at once. Yield: 3 quarts.

B. Scott (Edwards '36).

MARMALADE

1 grapefruit
2 large oranges
2 lemons

Cut up. Add 7 cups water and let stand overnight. In morning boil 2 hours. Add 11 cups of sugar and boil 20 minutes. Bottle and seal.

Edna Couling (Sample 53B).

STRAWBERRY JAM

1 quart strawberries. Pour boiling water over to cover and let stand 1 minute—drain off. Add 1 cup sugar and boil 2 minutes. Add 2 cups sugar and boil 5 minutes. Place in crock or bowl and stir every now and again for 2 days. Put in sterile jars.

Jean Lowman (Wallace '40).

MISCELLANEOUS

LEMONADE SYRUP

6 lemons, sliced thin
4 lbs. fine sugar (1 lb. is 2 cups)
2 oz. tartaric acid
1 oz. citric acid
1 oz. epsom salts (2 tbsp.)

Put all together and pour three pints of boiling water on it. Let stand covered overnight. Strain and bottle.
Use syrup in proportion 1 to 5 or 6 of water or to desired strength. Add ice.

Karen Dunn (Turner '61).

FLUFFY PANCAKES

1 egg, beat, add 1 cup milk and scant cup of flour with 1 teasp. salt and 3 teasp. baking powder.

Doreen Stephenson (Carr 1950A).

SARDINE SANDWICH FILLING

¼ cup soft butter
½ 7-oz. tin sardines
2 tbsp. ketchup
6 stuffed olives
1 tbsp. lemon juice

Drain sardines; add butter and mash until well blended. Stir in ketchup, finely chopped olives, and lemon juice. Spreads 5 sandwiches. Wrap individually and store in freezer. (2 - 3 weeks).

Vivian Cameron (West 48B).

PLAY DOUGH

1 cup flour
1 cup salt
1 tbsp. pwd. alum

Mix dry ingredients and add 2/3 cup water and a few drops food coloring. Keep in frig. in plastic bag. Add water if needed.

B. Darrach (Coulthard 50B).

LEMON CHEESE

1 lb. sugar
6 eggs
3 lemons
4 oz. butter

Nice for tart filling or spread on toast.

E. Rusk, 1938.
Velda Currie (Doty 50B).

SHRIMP DIP

1 large Philadelphia cream cheese
1 tbsp. or more salad dressing
2 teasp. milk
dash of Worcestershire sauce
1 can small shrimp, mashed
green onion, chopped fine
paprika to garnish

Lesley Price (Ridings 57A).

NIBLETS (NUTS N' BOLTS)

1½ cups Mazola Oil
2 tbsp. Worcestershire sauce
8 cups Cheerios
5 cups bite size shreddies
4 cups pretzels
2¼ cups salted peanuts
1 teasp. celery salt
2 teasp. onion salt
1 teasp. garlic salt

Mix together in large roasting pan, bake at 200° for 1½ hours, stirring occasionally. Cool, store in covered jar in cool place.

Sue McIvor (Kakamasu 50B).

CHEESE PUFFS

¼ lb. grated sharp cheddar cheese
¼ cup soft butter
¼ teasp. salt (omit with salty pickles, e.g. olives)
½ cup sifted flour
½ teasp. paprika
24 pickles (gherkins are excellent)
¼ teasp. dry mustard

Blend cheese with butter. Stir in remaining ingredients except pickles. Blend thoroughly. Wrap 1 teasp. mixture around each olive or pickle covering it completely.

Put on ungreased baking sheet and refrigerate 4 to 5 hours. Heat oven to 400° about ½ hour before serving. Bake puffs 10 - 15 minutes. Makes 24.

Karen Dunn (Turner 61A).